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HIGH TIMES

JANUARY 564

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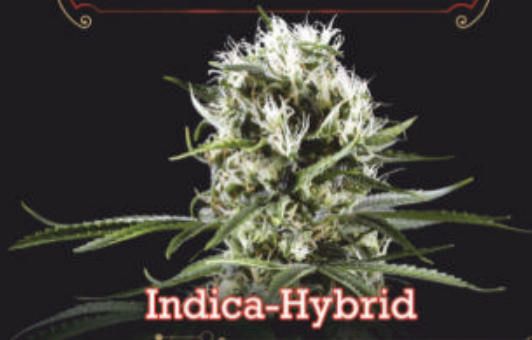
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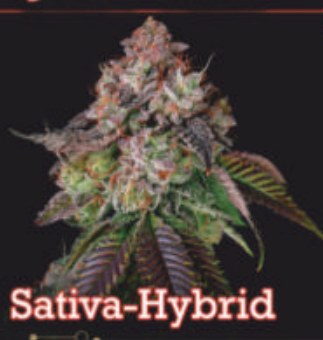
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January 2023 // Volume #564

CENTERFOLD:
PHOTOS BY JUSTIN CANNABIS - PG. 67-70

ON THE COVER



Another Year for Progress

The cannabis industry wasn't built in a day. It has taken decades to develop, and the foundation was built by advocates, not corporations, who have never stopped believing in the benefits that cannabis offers. In this issue we honor those who came before, and those who will come after, to continue pursuing everyone's right to cannabis in a world that is constantly changing. In this year's Advocacy Issue, we highlight advocates who have become outstanding community leaders as well as cannabis industries growing on the international scale, as we look to a new year with new possibilities.

SUPER SOUR LARRY
GROWN BY ENVIROCANN / PHOTO: JUSTIN CANNABIS



PHOTO: TEDDY LABISSIERE

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Changing the Narrative

Founded by Amber Senter, Nina Parks, and Tsion "Sunshine" Lencho, Supernova Women is an advocacy organization striving to fight for social equity in the cannabis space. Over the last seven years, this non-profit has continually worked to create opportunities for Black and Brown people in order to improve representation throughout the industry.



PHOTO: MALCOLM MACKINNON, AKA DAN SKYE

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New York State of Kind

The road to legalization has been slow in New York, but the state is finally poised to become one of the most successful cannabis markets in the nation. After recently collecting the state's first legal recreational cannabis harvest, HPI Canna is working with local growers to ensure that New York's industry thrives.

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White Ash Weekend

The Canary Islands, located off the northwest coast of Africa, was recently home to an event that celebrated the cannabis of the region. Author Jimi Devine explored the island's offerings, and saw the love and passion from growers who are working together to expand access and release a ton of heat.

DEPARTMENTS

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Kris Harris and
Allan Harris
Co-Founders
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CARE, KINDNESS & CANNABIS

IT'S WAKE AND BAKE TIME AND I'M SMOKING THE old-school classic Dutch Treat. If you're younger than me, you've probably heard of it, but haven't smoked it. If you're older than me, you probably smoked a lot of it. Not many people grow it anymore. The original breeder of Dutch Treat made a lineup of hybrid crosses to experiment with finding a winner, but legend dictates that the most prolific expression was a Dutch Treat backcrossed with itself. That just amplified the taste profiles within its lineage today, including that otherworldly terpinolene boost from Northern Lights #5.

Terpinolene is in Dutch Treat, Northern Lights #5, Jack Herer, Trainwreck, Durban Poison... It has the sharpness of pine needles. Terpinolene is an element called a terpene that gives many types of plants their scents, and it's just one element in the complex chemical makeup of each different type of cannabis we smoke. For me it has a woody intensity that fills

your nose like a hike in a Northern California forest on a day after the rain. Cannabis cultivars that contain it evoke free days in nature filled with fresh air and water vapor.

The early days of seed breeding and creating new types of cannabis in the 1970s led to heady days in Holland, the undisputed powerhouse of cannabis genetics. Back then Dutch-originating hybrids ruled the weed world. And sativa-leaning creative cannabis was the dominant taste profile (quite unlike the gassy fruity candy indica-leaning days of our current times).

Northern Lights #5 and crosses made with it live fondly in the minds of all who came before us in the pages of *High Times*. Particularly beloved is the cross that fused it with Haze from sunny California.

These days advocacy in cannabis means a wholly different thing than it has throughout our long history with this plant. It means something different than it did when people were smuggling seeds across oceans to make new types of pot in the 1970s.

But both times, then and now, also contain the message that will exist for all time:

Cannabis is a plant that should be allowed to freely exist in an innumerable amount of genetic expressions. Everyone should be equally able to access and benefit from cannabis without consequence.

We continue to live in a world filled with immense personal hardships for many people. Keep your hearts positive. Help and care for others with kindness. Don't lose hope that we can change things for the better of today's future. After all, there's so much more weed to smoke together. 

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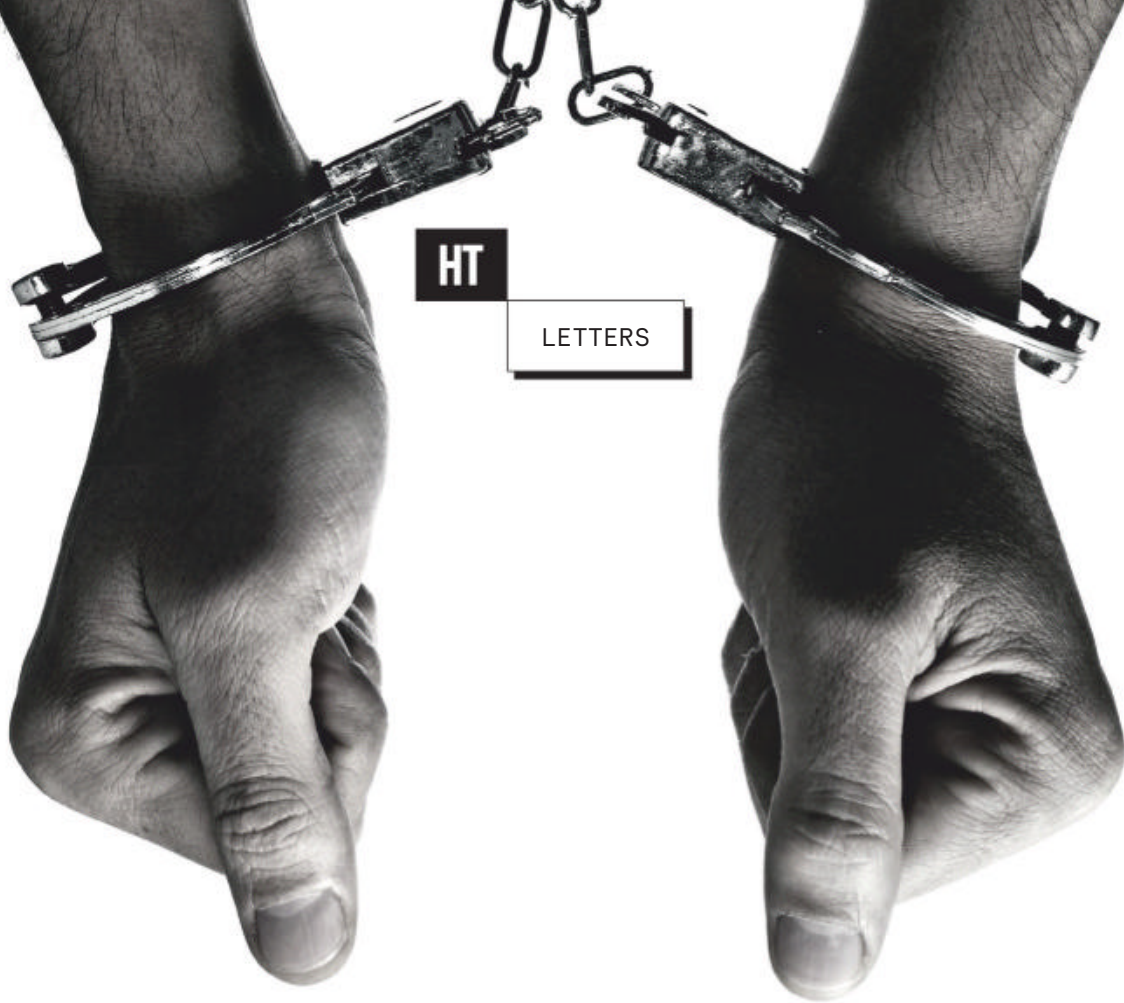


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ALOHA, HIGH TIMES READER!

I STILL REMEMBER THE FIRST TIME MY DAD CAME HOME FROM work with an ounce of “Big Bud” and asked me if I had some friends that I could sell some to. He said if we could get rid of it, we’d each make \$100. It was the height of the recession and I was a broke 20-year old who had to leave school because of complications with my financial aid, so I was in. That night I broke the ounce down into eighths and dubs on my grandpa’s postage scale (later I’d graduate to the triple beam and then finally the higher volume digital versions) and made some phone calls. By the end of the weekend, I had gotten rid of it and my dad was calling his buddy to re-up. At the time, I was just a kid trying to make some money but little did I know that this experience would lead me down a path of 10+ years of cannabis advocacy.

I started as an intern for NORML in 2011, co-founded a political action committee raising money for legalization in Oregon in 2012, started a dispensary in 2013, and eventually led the marketing and business development teams at the National Cannabis Industry Association, the largest and longest running trade association for our industry. I now serve as the President of the Board of Directors for Minority Cannabis Business Association (MCBA).

Founded in 2015, MCBA is the largest national trade association dedicated to serving the needs of minority cannabis businesses and our communities. MCBA represents minority and allied cannabis businesses, aspiring entrepreneurs, and supporters who share a vision of an equitable,

just, and responsible cannabis industry.

If you’re a regular reader of *High Times*, you probably understand the history of the racist War on Drugs and that cannabis prohibition was strategically and purposefully implemented to keep Black and Brown communities under control. Don’t take my word for it, just read the words of President Richard Nixon’s adviser John Erlichmann who helped craft the War on Drugs,

“We knew we couldn’t make it illegal to be either against the war or black, but by getting the public to associate the hippies with marijuana and blacks with heroin. And then criminalizing both heavily, we could disrupt those communities.”

It was cannabis prohibition that led to Black Americans being arrested at four times the rate as their white counterparts for simple possession and ushered in an era of mass incarceration that has now become known as “The New Jim Crow” after the term was coined by Dr. Michelle Alexander in her book of the same name.

Our work at MCBA seeks to repair the damage done to these communities by advocating for policies that help those who were disproportionately impacted by cannabis prohibition be able to disproportionately benefit from the legal market.

If you think that it was wrong for largely Black and Latino men to have their lives upended for cannabis then you’re an ally to MCBA and our cause. If you think the industry that is forming across the country shouldn’t be predominantly owned by rich white men, then you are an ally to our MCBA and our cause. If you think we need to be expunging the records and giving preferential treatment to folks who have suffered the real life consequences of prohibition, you are an ally to MCBA and our cause.

The fact that you’re reading this, means that you have already thought of a better world.

If you’d like to join the movement for a more equitable cannabis industry, please consider joining as a member or donating to the Minority Cannabis Business Association today.

Whether or not we have an equitable cannabis industry is ultimately the result of a series of policy decisions—just as prohibition was. That’s why it’s critical for those of us who know better to demand better. **HT**

Kaliko Castille
MCBA Board President

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LETTERS

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Kentucky Governor Explores Weed Pardons

Kentucky Gov. Andy Beshear announced on Oct. 14, 2022 that he directed his administration to explore issuing pardons for all convictions of simple cannabis possession. The action was in response to the announcement by President Joe Biden in early October 2022 that pardoned thousands of minor federal cannabis charges. Despite polls showing that 90% of Kentuckians support legalizing medical cannabis, Gov. Beshear noted that the state legislature still failed to pass a medical cannabis legalization bill earlier this year. Exploring pardons, he explained, was due to lawmakers' refusal to approve the measure, an action which has left people living with Alzheimer's disease, ALS, cancer, severe and chronic pain, epilepsy and seizures, post-traumatic stress disorder, and other conditions without access to medical cannabis for relief. Gov. Beshear added that Kentucky currently has a program in place to issue expungements for simple cannabis possession convictions, however the governor said that he is still exploring further actions, such as issuing pardons because they might help additional citizens.

Read more at [HighTimes.com](https://www.hightimes.com)



PA Grant Program Sets up \$200,000 for Hemp Education

Pennsylvania leaders are offering generous incentives to boost hemp education and marketing. On Oct. 17, 2022, Pennsylvania Department of Agriculture Secretary Russell Redding announced a \$200,000 grant program to award organizations working to promote hemp. The department hopes to award grant funds to reimburse half of project costs, with a minimum grant amount of \$1,000. Special consideration will be given to applicants who take advantage of other funding and private partnerships. The grant amount is a slight increase from the department's grant total of \$157,735 in 2021, which was used to fund three different projects to boost hemp product awareness as a useful fiber and food source. Redding praised Pennsylvania Gov. Tom Wolf's administration for its continual support and development of the state's hemp program. Other programs are also in place. In July 2022 at the Pennsylvania Hemp Summit, the Pennsylvania Department of Agriculture announced a \$460,000 program to help hemp cultivators and other unique crops through the Specialty Crop Block Grants Program.

Read more at [HighTimes.com](https://www.hightimes.com)



On Instagram

Here kitty, kitty! Look at those colors! This Cashmere Kitty displays dazzling colors in the cool weather. This colorful display was captured by [@cropking_colin](#). Cashmere Kitty was bred by [@highalpinegeneticz](#) and is (Cat's Meow CW x Alpen Gleux.) It is high in CBD, and part of Cashmere Kitty's appeal is that it's also a rich source of terpenes with a dense colorful flower. CropKing Colin specializes in hemp varieties. A host of different environmental and genetic factors can affect the color of cannabis, ranging from nutrient deficiencies to changes in anthocyanin levels and cooler weather.



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[@nycjamgal](#) 11 years ago today I worked my first [@HIGH_TIMES_Mag](#) [#CannabisCup](#) in Detroit and who better to spend 420 with in [#MotorCity](#) than Parliament Funkadelic's George Clinton [#OneNationUnderAGroove](#) [#DrFunkenstein](#) [#TheMothership](#)

[@mikeylikesit370](#) [@HIGH_TIMES_Mag](#) I wish they would lower the barriers of interstate commerce. How else am I going to become a farming mogul?

[@siouxrunner15](#) [@HIGH_TIMES_Mag](#) in response to Uber Eats partnering with Leafly to deliver cannabis in Toronto. Uber Eats just painted a huge target on their employees. Now everyone is going to rob the deliverers.

[@_Raymond_Scott_](#) What do you like to listen to after smoking? I'll put on weird jazz or synthy stuff from the 50s/60s/70s. It's absolutely peak stoner music, IMO. I really love Walter Wanderley, Raymond Scott, Mort Garson, Sun Ra, etc. [@HIGH_TIMES_Mag](#)

[@breeder_steve](#) [@TylerTwoDabs](#) [@HIGH_TIMES_Mag](#) The pharma ideal of western medicine is oriented towards validation of individual compounds. It shuns whole plant medicine as the variables are too much to quantify. It doesn't mean it's better.

[@TylerTwoDabs](#) [@breeder_steve](#) [@HIGH_TIMES_Mag](#) and [@JavierHasse](#) Funny how the illegal plants have more medicinal properties and cleaner side effects than the said p(harm)aceuticals derivatives side effects have. Almost like a natural path is a healthier path.





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From social equity to consumption trends and more, accurate data is one of the cannabis industry's most vital resources.

DATA, DEFINED BY MERRIAM-WEBSTER AS “FACTUAL INFORMATION USED as a basis for reasoning, discussion, or calculation,” allows for proposals and decisions to be better informed, more equitable, and more likely to protect the rights of both consumers and businesses. For the legal cannabis industry, data plays a vital role in supporting potential benefits, justified calls for reforms, and messaging about the issues that are most important to stakeholders and society alike. Those often include touting policies and best practices for the provision of goods and services that are accessible and culturally relevant.

Since our founding in 2014, New Frontier Data has established itself in the legal cannabis space through reliable, unbiased, agnostic, and original data which previously had not been available to curious investors or interested stakeholders due to the decades-long federal prohibition of the plant and the dearth of scholarly research about it.

The practical facts are, when 38 states in the U.S. have legalized cannabis despite the federal government's continued prohibition of it, the cannabis industry remains bound to encounter obstacles, friction, and misunderstandings which keep hindering progress. Lots of discrepancies exist between state and federal laws, and those each bring their own sets of problems, fears, and confusion—along with lost opportunities for our industry within the local, state, and national economies regarding a U.S. legal cannabis market projected to exceed \$57 billion by 2030.

The industry's ultimate goal is federal legalization. Though that is unlikely to be seen on any near-term horizon, legislative support has been growing on Capitol Hill. Gathering and parsing lawmakers' concerns has been an educational requirement.

Prior to the COVID-19 pandemic, New Frontier Data sponsored an event at the National Press Club

just blocks away from the White House. In our briefing report, we shared data showing how full federal legalization will drive material gains across key economic sectors, including federal revenue generation and national job creation while reducing government health-care spending and crime rates. The goal in releasing the updated figures and projections was to provide the U.S. Congress with objective and comprehensive intelligence on the potential socioeconomic impact of federal cannabis legalization as its members enter the sometimes delicate debate.

Legislators and staff are still very concerned and want to ensure that the relevant agencies—from the U.S. Food and Drug Administration (FDA) and the Alcohol and Tobacco Tax and Trade Bureau (TTB), to the Department of Agriculture, and Homeland Security—that make up our federal government understand their roles and responsibilities toward the cannabis industry.

Meanwhile, everyone in the industry or interested in consuming cannabis has opportunities to tell others about and promote the plant, speak well of those engaged in the industry, and promote participation among the larger network of consumers and colleagues.

Being an advocate for cannabis requires no budget or calendar, yet goes a long way toward inspiring and shaping public perceptions about cannabis and its many proponents. Supporting and encouraging others serves both the science and progress of the industry. That's as much as there is to be accomplished, whatever the particular activities and aims pursued. >>

“Data collection remains vitally needed for a range of issues related to cannabis.”





Top Shelf
CULTIVATION

Saphira Galoob, principal and CEO of The Liaison Group (TLG) in Washington, D.C., established the first Capitol Hill lobbying firm dedicated exclusively to the cannabis industry. Galoob helped create and launch the National Cannabis Roundtable, and as the coalition's executive director oversees its federal policy initiatives for leading U.S. cannabis operators. TLG's other clients include the California Cannabis Industry Association, a state-based trade association counting more than 500 cannabis businesses and 670 brands among its membership variously seeking reforms in regulations, criminal justice, equity, and community reinvestment.

According to watchdog *OpenSecrets.org*, the legal cannabis industry spent \$4.2 million on lobbying in 2021. That will be fractional compared to the interest now being attracted from multiple industries and sectors otherwise. According to Lobbying Disclosure Act filings, another \$31.1 million was spent by those concerned with the MORE Act, including Amazon, the American Civil Liberties Union, and various interests relating to Big Tobacco and Big Alcohol.

Before all is said and done, wholesale changes to cannabis policy might include criminal-record expungement, equal opportunities for businesses, and reforms to financial regulations to enable more cannabis businesses to access banks and tax benefits as enjoyed by any other business. Beyond the MORE Act, multiple legislative proposals include the SAFE Banking Act and the comprehensive Cannabis Administration and Opportunity Act (CAO) discussion draft introduced in July 2022 by Senators Chuck Schumer (D-NY), Cory Booker (D-NJ), and Ron Wyden (D-OR). Despite an historically fractious political scene, polling

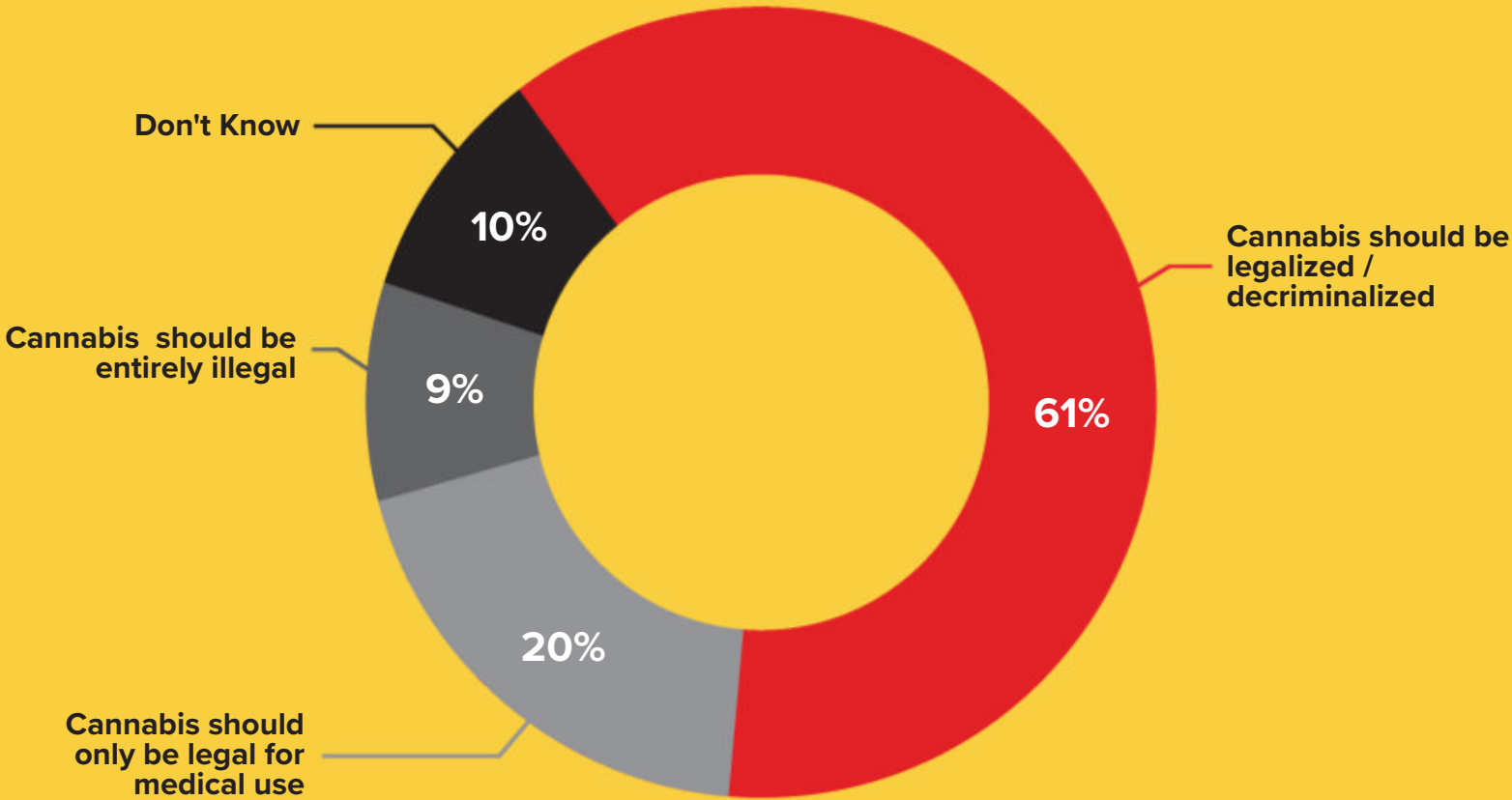
by the Pew Research Center shows overwhelming support from U.S. adults for cannabis in medical use, while Gallup's numbers have reflected nearly 2:1 supporting cannabis for adult use. There are few current issues that draw such levels of support.

Data collection remains vitally needed for a range of issues related to cannabis. Those would include, for instance, the social impact of legalization of adult-use cannabis. The collection of data is also recommended to track year-over-year changes in medical use of cannabis at large (particularly by military veterans); arrests for driving while under the influence of cannabis; arrests of minors for cannabis use or possession; violent crimes; arrests related to methamphetamines; methamphetamine and narcotics-related hospitalizations; and high-school dropout rates.

Legislative bills have called for U.S. Department of Health and Human Services (HHS) and the National Institutes of Health (NIH) to engage in research examining the effects of THC on the brain, the efficacy and impact of medicinal cannabis, and the identification of additional medical uses and benefits of cannabis. Similarly, the National Highway Traffic Safety Administration and HHS are tasked with highway safety research examining cannabis-related impaired driving and the development of a cannabis impairment standard for driving under the influence. HHS and the Centers for Disease Control and Prevention are to undertake research programs focused on prevention strategies for cannabis-impaired driving and public education about cannabis-impaired driving.

There is plenty of positive evidence to be shared about cannabis. Finding the key people who are willing to listen and be informed remains the ongoing objective. **HT**

General Population: Which best describes your views on legalized cannabis?



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SMOKE AND POKE

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PROMOTING PSYCHEDELICS

MAPS Founder Rick Doblin talks about the past, present, and future of psychedelics.

GREETINGS 2023, AND A KIND WELCOME TO ALL OF our loyal *High Times Magazine* readers. I have been dreaming of the day that I would have the opportunity and honor to interview one of the single most committed and respected leaders in the world of psychedelic research and psychedelic healing: Rick Doblin, Ph.D, founder of the Multidisciplinary Association for Psychedelic Studies (MAPS). In 1986, Doblin founded MAPS for the primary purpose of keeping MDMA legalized for therapeutic purposes, but also to support

researching the benefits of the other psychedelics as well.

Doblin's advocacy stretches back to his college days. For his undergraduate thesis at the New College of Florida, he revisited the Good Friday Experiment (originally conducted in 1962), which explored the intersection of psychedelics and religious experiences, 25 years after the initial study was conducted. When pursuing his doctorate at Harvard's Kennedy School of Government, Doblin also wrote his dissertation on medical efficacy of psychedelics

and cannabis, and his master's thesis on the effectiveness of smoking cannabis vs. an oral THC pill to help treat nausea in cancer patients.

Since then, his professional goal has been to help develop a legal context for the beneficial uses of psychedelics and marijuana, both as medicine for certain conditions and also for personal growth of otherwise healthy people. Doblin is often a keynote speaker at a variety of conferences as he continues his ongoing dedication to psychedelics research.

High Times: Which form of psychedelics do you recognize as being more beneficial than others, in regards to helping treat veterans with post-traumatic stress disorder (PTSD)?

Rick Doblin: I think MDMA is most beneficial for PTSD in veterans and others but that is an empirical question that has not been studied. Other psychedelics can also be quite beneficial for PTSD.

Timothy Leary was a legend in the psychedelic community who took civil disobedience to a new whole new level during his lifetime. Would you mind sharing with our readers an anecdotal story about your time, if any, with Leary?

At a benefit conference for MAPS in 1990, I asked Tim what suggestions he had for MAPS for trying to work with the government on research. He said, “Fuck the government, I’ve past asking permission for research but I’m glad you are doing it.”

Who are some of your most influential mentors that have helped guide you on your incredible journey in creating MAPS?

Stan Grof, Sasha Shulgin, Albert Hofmann, my Ph.D dissertation committee, especially Peter Barton Hutt.

Cannabis is not lethal, which makes it that much more ridiculous that it is still listed as a Schedule I narcotic. Can you tell our readers which psychedelics have a lethal dosage, if any?

Ibogaine can be deadly due to causing heart-related problems. MDMA can be deadly especially if taken in a hot environment with lots of exercise [such as] dancing and without adequate fluid replacement.

Are you taken aback to see the success rate we are all seeing in the medical studies and trials with MDMA and veterans who suffer from PTSD?

I thought it would be very successful and that seems to be what is turning out to be the case.

Do you share in the enthusiasm of Michael Pollan when he stated that psilocybin and MDMA will be legal therapeutic drugs within five years? For this to happen, wouldn’t a nationwide decriminalization for both of these psychedelic drugs have to happen before or simultaneously?

Yes, I share his enthusiasm. Decrim is different than FDA approval for prescription use.

While Veterans Affairs doctors are not allowed to discuss cannabis to veterans with PTSD, some veteran groups are sending combat veterans overseas for legal and effective psychedelic therapy. Do you have thoughts about how more veterans could get this kind of help more easily?

More clinical research is needed to make cannabis into a medicine for PTSD, and also more research is needed for MDMA, psilocybin, ibogaine, ayahuasca, ect. This research is mostly moving forward.

I can imagine you have been asked practically every question known to man about psychedelics and their history. That being said, is there anything or topic you wish someone would ask you about for these type of interviews?

Well yes. There’s something that not very many people know about or have written about. In December of 1969, well into the failed Vietnam War, I refused to register for the draft along with some 60,000 others, essentially breaking the law and making them all Vietnam draft resisters. I’m proud of having been a draft resister willing to have gone to jail if necessary.

What is the best advice you can give young psychedelic or natural plant activists who are eager to get involved in helping end psychedelic prohibition?

Realize that your example is what will most educate others so be careful about planning for and integrating your own personal experiences, though you could be an effective advocate even without your own personal experiences. For example, Brian Muraresku, author of the *Immortality Key*, has yet to try psychedelics to avoid being attacked for having lost his objectivity. When speaking with others, listen carefully to people’s fears and develop a thoughtful response.

It looks like your 36-year undertaking to make MDMA a legal medication could soon be achieved. Once the governmental agencies (like the FDA, DEA, NIH) give MAPS approval, how long do you think it will be until people can start benefiting from MDMA as a medical treatment?

2024.

Do you believe that in your lifetime we will witness the end of psychedelics prohibition?

Yes. 

“I think MDMA is most beneficial for PTSD in veterans and others, but that is an empirical question that has not been studied.”

- Rick Doblin



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MARKET ANALYSIS

The initial THMQ of the new year starts with a shocking development as the average ounce in the southern sector rose a massive **\$40**, up to **\$308**, driven in part by expensive dispensary prices in Louisiana and Missouri. By contrast, the eastern market rose a modest four dollars to **\$313**, while an ounce in the West went up just a buck to **\$288**. All of these ganja gains drove the cost of cannabis to **\$303** nationwide. In the “Top 5,” there is a tie at the top between expensive Gelato and much more affordable Cookies & Cream.

TOP 5 STRAINS

1	Gelato	3 @ \$388
2	Cookies & Cream	3 @ \$220
3	MAC 1	2 @ \$391
4	Jack Herer	2 @ \$348
5	Mimosa	2 @ \$289

WINNERS



↑ AbbVie Inc.	NYSE: ABBV	\$141.51 (+3.20)
↑ Innovative Industrial Properties Inc.	NYSE: IIPR	\$93.86 (+0.97)
↑ Altria Group Inc.	NYSE: MO	\$44.35 (+0.88)
↑ Cara Therapeutics Inc.	NAS: CARA	\$9.51 (+0.08)
↑ Constellation Brands Inc.	NYSE: STZ	\$221.39 (+0.03)

LOSERS



↓ WM Technology Inc.	NAS: MAPS	\$1.76 (-0.21)
↓ Tilray Inc.	NAS: TLRY	\$2.90 (-0.17)
↓ GrowGeneration Corp.	NAS: GRWG	\$3.42 (-0.12)
↓ SNDL Inc.	NAS: SNDL	\$1.99 (-0.10)
↓ Canopy Growth Corp.	NAS: CGC	\$2.38 (-0.03)

HIGHEST 10 STATES

MASSACHUSETTS	UFJoe	\$480
ILLINOIS	MAC 1	\$478
LOUISIANA	Mandarin Zkittlez	\$454
NEW JERSEY	School Lunch #3	\$435
ARIZONA	Grateful Red	\$435
GEORGIA	Red Velvet Cake	\$420
OHIO	Jack Herer	\$416
SOUTH DAKOTA	Gelato	\$384
MISSOURI	Legend OG	\$368
HAWAII	Mimosa	\$366

LOWEST 10 STATES

COLORADO	Wedding Cake	\$112
OREGON	Blue Dream	\$117
WASHINGTON	Candyland	\$120
MAINE	Pineapple Fields	\$165
VIRGINIA	Pink Runtz	\$190
RHODE ISLAND	Papaya Cake	\$214
MICHIGAN	Cookies & Cream	\$233
PENNSYLVANIA	Space Monkey	\$240
CONNECTICUT	King Louis	\$244
DELAWARE	Ayahuasca Purple	\$260

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CHANGING THE NARRATIVE

Supernova
Women
co-founder
Amber Senter
discusses the
organization's
priorities.

by Benjamin M. Adams



AMBER SENTER SPEAKS ON THE CAPITOL STEPS AT THE “DOWN WITH THE TAXES, UPLIFT THE PEOPLE” RALLY ON JUNE 2, 2022.

THE VOICE OF THE UNDERREPRESENTED NEEDS TO BE HEARD, AND THERE are organizations backed by teams who rise to the occasion. Founded in 2015 by Black and Brown women in cannabis, Supernova Women aims to empower Black and Brown people to become self-sufficient in the long haul.

About seven years ago, Amber Senter joined Nina Parks, and Tsion “Sunshine” Lencho to launch Supernova as a 501(c)3 non-profit organization to solve real problems happening all around them. They noticed the glaring lack of Black and Brown business owners. Senter is also CEO of Makr House and EquityWorks! Incubator, a shared kitchen for licensed social equity operators who produce edibles, topicals, and pre-rolls. Parks founded Gift of Doja, while Lencho works as an attorney.

Others would join Supernova Women’s board later, including Whitney Beatty, Caroline Phillips, Hope Wiseman, and Isamarie Perez. They shared a desire to help their own communities become better represented in the cannabis industry.

“Supernova really works to create opportunities for Black and Brown people in cannabis,” says Senter, who frequently speaks

to live audiences at cannabis events. “We’re constantly working to lower barriers of entry for marginalized groups like Black and Brown folks in cannabis, and working to make sure that we create some self-sustaining entrepreneurs and business owners and stakeholders in Black and Brown communities in cannabis.”

The organization’s early days were centered in Oakland. Now, Supernova Women provides regular commentary on both California and national cannabis legislation by making changes through tangible action.

“We do that through education, advocacy, as well as building networks,” Senter says. “So we host panel discussions, webinars, workshops. Also, we’ve run a workforce development program for social equity operators. Not operators, but workers place them with social equity businesses to help the social equity operators have a stronger workforce of people that come from their communities. We’re always hosting networking events, making sure that Black and Brown entrepreneurs as well as workers and cannabis are able to connect with each other to help each other and build each other up. So, yeah, just really making sure that Black and Brown people have the tools they need to be successful in the cannabis industry.” >>



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“In general, we need more awareness that there are less than 4% Black entrepreneurs in the cannabis industry. And that we’re severely underrepresented considering that really this whole industry was built on the backs of Black and Brown people.”

- Amber Senter



SUPERNOVA WOMEN IN ACTION

At the national level, the organization developed the Social Equity Impact Report to inform government leadership of the benefits of forming social equity programs. Supernova Women worked together with Sen. Steven Bradford's office to develop Senate Bill 1294, California's Cannabis Equity Act of 2018.

Last summer, Senter spoke to an energetic crowd on the doorstep of Gov. Gavin Newsom at the California State Capitol building in Sacramento, demanding desperately needed tax reform for struggling cannabis farmers in California. Supernova Women helped to set up the rally themselves.

At the rally, one retailer complained that she had already paid half a million dollars in excise taxes alone. Others shared her pain. This rally helped to prompt the removal of the cultivation tax affecting harvested cannabis entering the market, which took effect on July 1, 2022. Before the tax was slashed, cultivation tax was around \$161 per pound of cannabis flower, \$48 per pound on cannabis leaves, and about \$22 per pound on fresh plants. While the tax cut didn't necessarily make farmers' troubles go away, at least it was a step in the right direction.

In the heart of Oakland, the disparities of Black and Brown ownership are especially apparent. While Oakland was one of the first cities to grant equity licenses to Black entrepreneurs in California's adult-use market impossible taxes and robberies thwarted a lot of the promises given to those license holders. Making things worse, many people in the industry are unaware that the disparities still exist.

"A lot of people don't know," Senter says. "I would say that Black and Brown people, I'm sure, are very aware. They definitely know that we are not in the industry, in the legal industry, and should be. But I think most of the awareness. Other populations and groups of folks that are privy to what the challenges are around being a Black or Brown entrepreneur in cannabis."

The reality is there are far fewer Jay-Zs in the world of commercial cannabis than normal people who are struggling to get a foot in the industry. Normal people can't dish out the sheer amount of cash needed for licensing and fees.

"In general, we need more awareness that there are less than 4% Black entrepreneurs in the cannabis industry," Senter says. "And that we're severely underrepresented considering that really this whole industry was built on the backs of Black and Brown people." >>





CANNABIS EQUITY RELIEF FUND

●●●

The Cannabis Equity Relief Fund (CERF) was created by Supernova Women in 2020. Many of the cannabis businesses in the Bay Area were burglarized by organized operations, and BIPOC and equity cannabis businesses were hit hard. The fund provided desperately needed money to people who were already burdened with compliance factors.

“We raised money to give grants to social equity operators,” Senter says. “We’ve raised and given out a total of \$55,000 in grants so far, and that’s something that we do on an annual basis. Social equity operators that need assistance.”

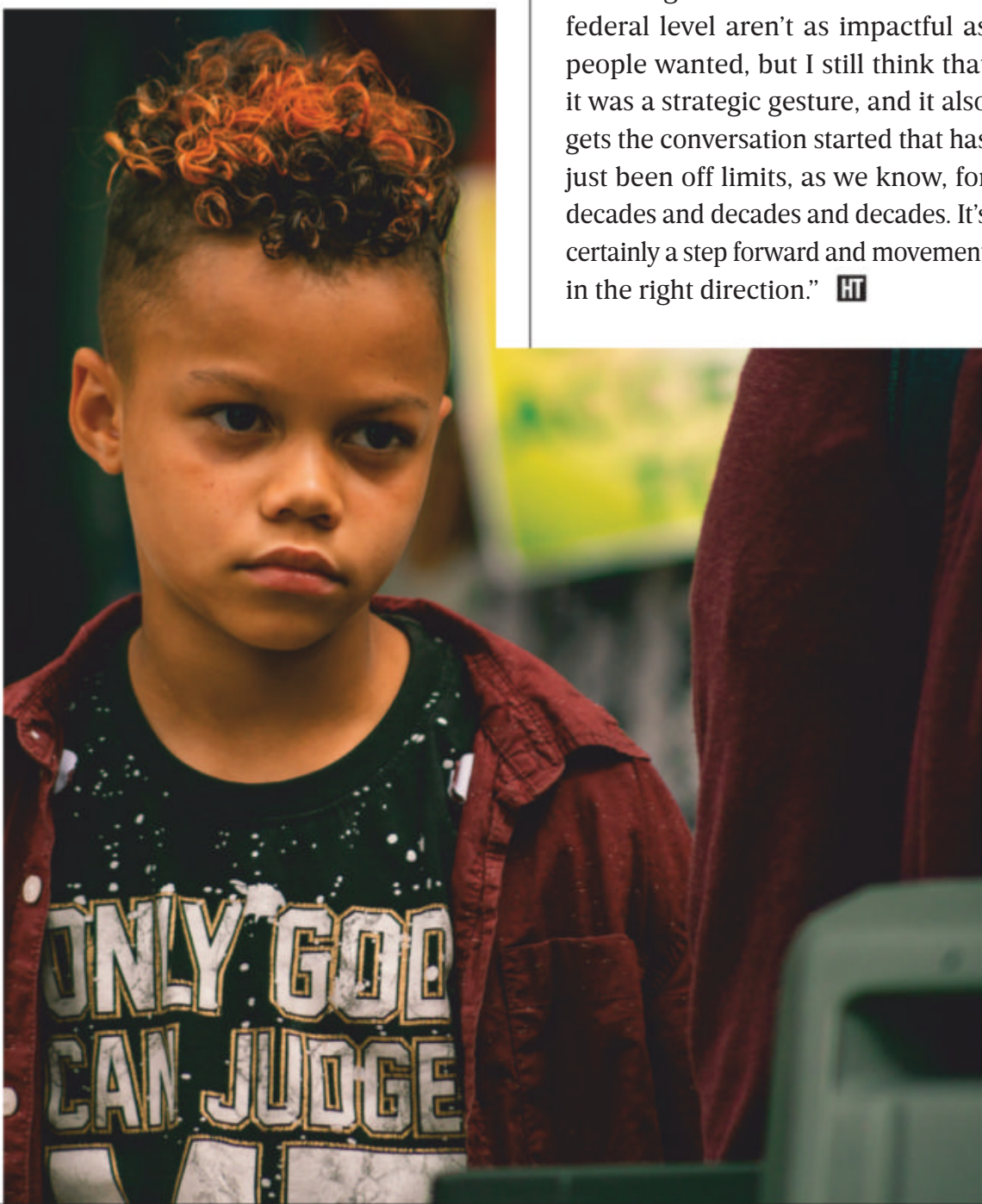
2020 was a wake-up call to a lot of people who were already struggling to stay afloat in the cannabis industry. The cash-only industry in California created the perfect storm during 2020 when things got crazy amid COVID on top of the George Floyd protests.

“We actually started the fund when the protest surrounding George Floyd’s death happened and a number of equity operators in the Bay Area, in

particular Oakland and San Francisco, were robbed, and a lot of them lost a lot,” Senter says. “So we started the fund to issue them grants to help them kind of rebuild their businesses. And since then, the break-ins have been a continuous problem for Black and Brown operators in California.”

Like many other California cannabis advocates, the team behind Supernova Women were cautiously optimistic when President Joe Biden announced pardons for federal offenses in October 2022, although only people with minor federal possession charges were affected.

“This was a huge step in just getting the president acknowledged that what happened was wrong and that people should not be in jail for weed,” Senter says. “So that in itself was a huge step forward, and I think it’s very important that we reach that point. Granted, some of the pardons and things that he mentioned at the federal level aren’t as impactful as people wanted, but I still think that it was a strategic gesture, and it also gets the conversation started that has just been off limits, as we know, for decades and decades and decades. It’s certainly a step forward and movement in the right direction.” HT





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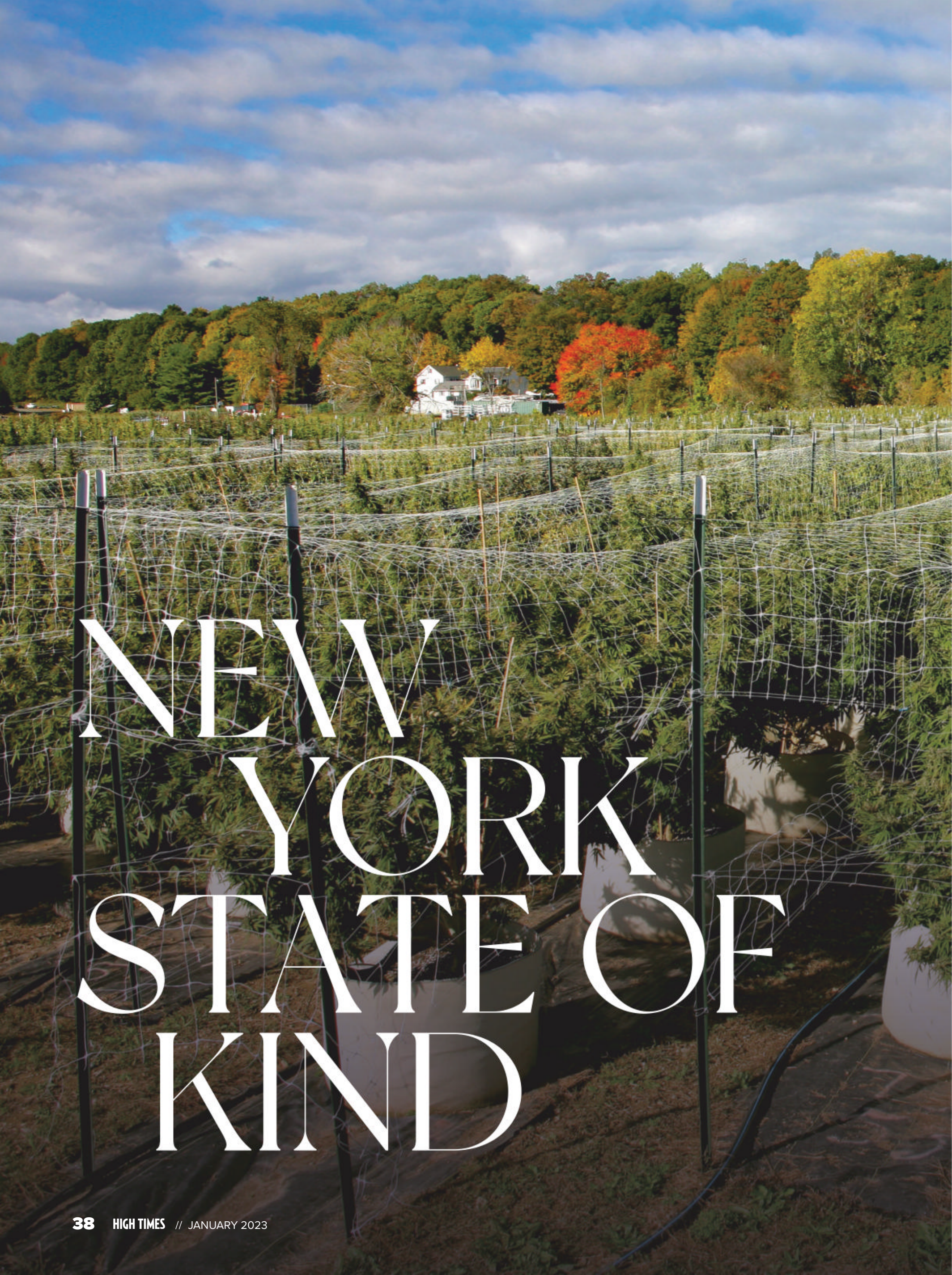
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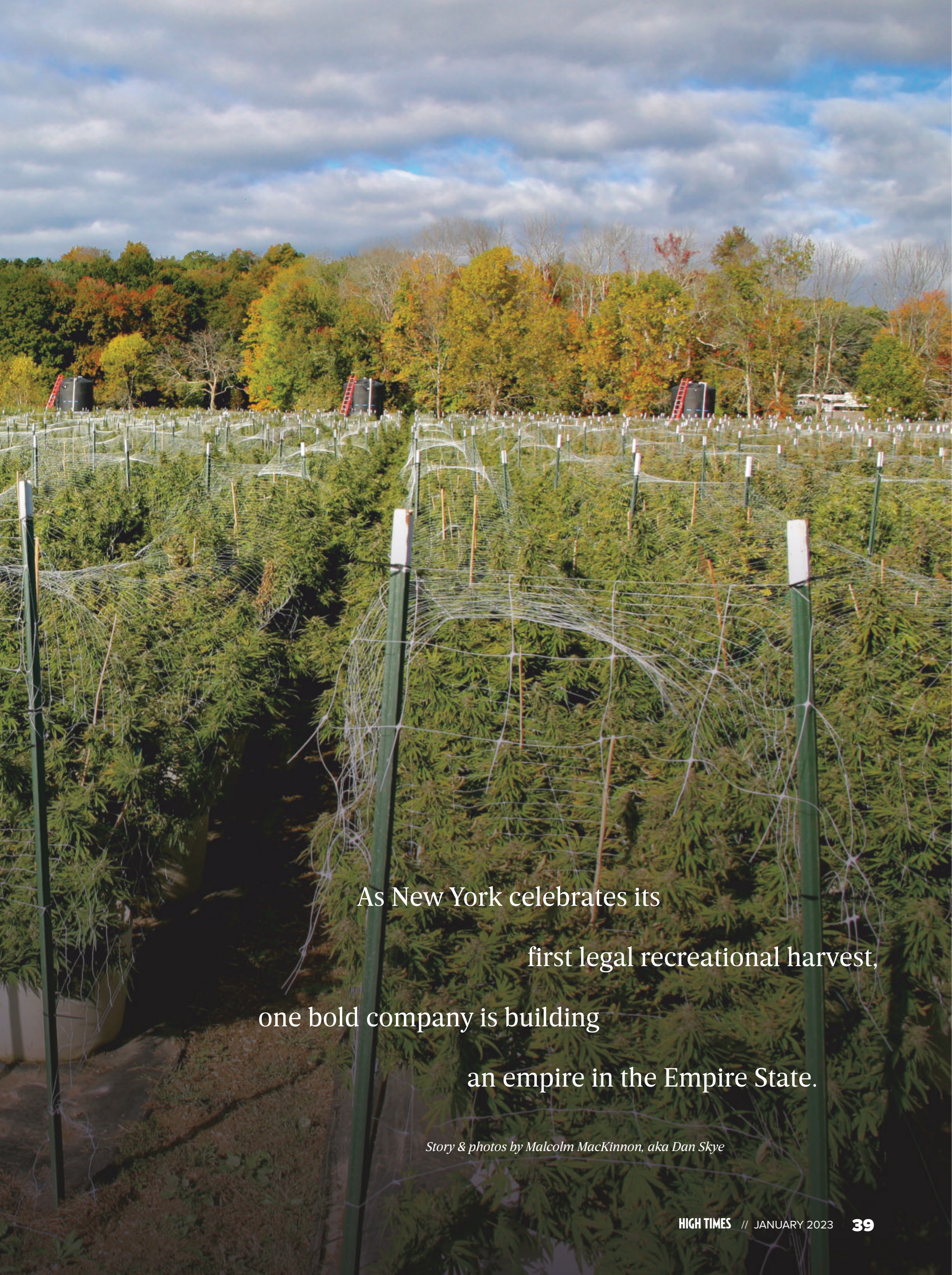
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NEW YORK STATE OF KIND



As New York celebrates its
first legal recreational harvest,
one bold company is building
an empire in the Empire State.

Story & photos by Malcolm MacKinnon, aka Dan Skye

O n

AN EARLY MORNING IN OCTOBER, AN ACRE OF CANNABIS greets the morning sun in upstate New York. It grows about 90 minutes north of New York City and belongs to HPI Canna. This is its inaugural legal, recreational venture.

The company went into business as HPI Farma in 2018 after receiving a license to grow hemp. It planted 40 acres in a pilot run in Kingston, New York, but HPI realized its future depended upon a bigger farm. It found a 434-acre spread in Poughkeepsie and in the following three years, HPI Farma cultivated 200 acres of CBD hemp on its land. Today, the brain trust of HPI Canna is looking forward to harvest, set to begin tomorrow.

It's hard to believe. I've lived in New York for nearly 50 years and witnessed the slow, painful path to legalization. You'd think that it would have happened sooner. After all, New York is one of the most liberal states in America, with over 75% of voters registered as Democrats.

California, of course, was first to legalize medical marijuana in 1996, but it took 18 years before New York followed suit! Twenty-two states legalized medical marijuana before we did, while 14 states legalized adult-use cannabis before New York.

The Empire State has long loved cannabis. As far back as 1939, the plant was actually considered benign. The progressive New York City Mayor Fiorello LaGuardia (who held the position between 1934-1945) even assigned a committee to study cannabis, which concluded that it was relatively harmless. Pot farms were ubiquitous throughout the city until the early 1950s, but the "White Wing Squad" ended that. An arm of the Sanitation Department, the squad was charged with destroying all gardens.

Cannabis became downright dangerous under former Gov. Nelson Rockefeller. In 1973, the so-called "Rockefeller Drug Laws" were enacted. Harsh beyond belief, penalties for possession of 4 ounces could

actually result in a minimum sentence of 15 years to life in prison and a maximum of 25 years to life.

Thankfully, simple possession of less than an ounce was later reduced to a \$100 fine in 1977. But stoners were by no means safe and activists had an uphill battle. The New York City Marijuana March—now the highly successful NYC Cannabis Parade & Rally where top politicians and leaders routinely speak—was first held in 1973 and flourished. Thousands attended, but the anti-drug hysteria of the '90s, heartily embraced by former Mayor Rudy Giuliani, resulted in hundreds of arrests and dwindling attendance.



▲ Although HPI's first harvest only comprises one acre, over 400 more acres are available for cultivation.

More shameful was the "stop-and-frisk" policy of the New York City Police Department, which targeted underprivileged communities. Supposedly, the practice was designed to get illegal guns off the street. The grim reality was that people of color were being busted in huge numbers for possession when cops found pot rather than a weapon. Arrest rates soared: seven times higher for Blacks, and four times higher for Latinos, than for whites.

Meanwhile, politicians dithered. A week after taking office in 2010, former Gov. Andrew Cuomo stated: “The dangers of medical marijuana outweigh the benefits.” In 2012, he restated his position: “I understand the benefits, but there are also risks and I think the risks outweigh the benefits at this point.” A year later, he was still opposed. When asked about legalizing recreational pot for adult use, he scoffed at the idea calling it a “nonstarter.” But politicians are shifty creatures. In 2014, Cuomo did an about-face, signing legislation allowing medical use. Unfortunately, the program was highly restricted. Only non-smokeable consumption was allowed and patients had to be suffering from severe ailments to benefit from its use—conditions like cancer, AIDS, ALS, Parkinson’s disease, multiple sclerosis, spasticity, epilepsy, inflammatory bowel disease, neuropathies, and Huntington’s disease. Fur-



thermore, the program was limited to just five growers who could operate only four dispensaries.

Sadly, criminal penalties for non-medical use remained on the books. Though having an ounce or less had been reduced to a minor offense, possession of 8 ounces or more could still earn you a felony. Prospects for totally legal cannabis remained decidedly grim, especially in 2017 when Cuomo stubbornly claimed cannabis is a “gateway drug,” a long-debunked theory.

Then, in a complete reversal, Cuomo addressed the New York Bar Association in 2018, surprising everyone. >>



◆ Velvet Vampire (Red Velvet x London Pound Cake #33)





▲
HPI's drying and storage facility features a grinder that produces the material for extraction.

“Let’s legalize the adult use of recreational marijuana once and for all,” he said adding, “we must also end the needless and unjust criminal convictions and the debilitating criminal stigma.”

What happened? Cuomo insisted the “facts had changed.” A dubious conclusion, to be sure, but as is often said: “Follow the money.” The governor was well aware that New Yorkers were buying legal pot in neighboring states, which were reaping the tax benefits. With the state’s Health Department estimating that New York could realize well over \$350 million in tax revenue, it was a politically astute move. But New Yorkers had to wait. COVID sidelined substantive legalization efforts. Ironically, its aftermath spurred the passage of an adult-use bill. New York had lost millions in tax revenue during the pandemic.

“WITH EVERY EMERGING MARKET, THERE’S ALWAYS THE OPPORTUNITY TO MAKE MONEY. SOME OF THE OTHER LEGAL STATES ARE DEFINITELY STRUGGLING, BUT NEW YORK IS VERY CONSCIOUS OF ENSURING THAT THE MARKET DOESN’T GET OVERSATURATED.”

— MIKE SUTHERLAND

So it wasn’t until March 2021 that Cuomo signed the historic bill, boasting that it “rights the wrongs of the past by putting an end to harsh prison sentences, embraces an industry that will grow the Empire State’s economy and prioritizes marginalized communities so those that have suffered the most will be the first to reap the benefits.”

HPI certainly was ready. As hemp producers for the past four years, their Poughkeepsie farm was already outfitted with a 20,000-square-foot drying and storage facility and a 4,000-square-foot Good Manufacturing Practice-certified lab.

Kimberly Tanami, CEO of the company, grew up in the borough of Queens in New York City. She’s keenly focused on the future and has been highly impressed by the recreational pot rollout. >>



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“WHAT KEEPS FARMERS UP AT NIGHT IS THE FACT THEY PUT OUT ALL THIS MONEY. NOW THEY HAVE TO WAIT UNTIL THE RETAIL MARKET OPENS. THEIR QUESTION IS, ‘WILL I SURVIVE UNTIL THEN?’”

— KIMBERLY TANAMI



▼ CEO Kimberly Tanami leads HPI into the future.

Ed Kirkham (left) oversees the garden, while Mike Sutherland (right) offers his considerable expertise to HPI's operations. ▲



“The state has been very accommodating,” she says.

For HPI, the ability to harvest a THC crop couldn't have happened at a better time. Tanami explains: “The problem with CBD-hemp is that states opened up licensing and oversaturated the market nationwide. But the way New York approached adult-use cannabis was very favorable to us hemp growers. We received one of the first licenses, which makes sense if you're already in compliance as a hemp grower. Also, the way licenses were piecemealed allowed us to start sooner than later, enabling us to establish our foothold in the industry. We were given the opportunity to recoup our losses on the hemp side, which we were very grateful for. We've got our roots in the ground.”

Those “roots” include six different strains that feature a wide variety of flavors. They're all indica-dominant and early finishers, ideal for the high humidity and cold temperatures of up-state New York. The plants thrive next to a fresh, free-flowing pond, a pure water source.

Ed Kirkham oversees the crops. He's got 15 years of experience in Colorado and California building out grow operations. The garden is immaculate. Row after row of buds are in full bloom, bursting through the netting.

Kirkham is an adamant proponent of sun-grown cannabis.

“When it's cultivated outdoors naturally, the production of cannabinoids increases, not just THC,” he says. “Colorado is too dry, in my opinion. There are some good microclimates, but generally, the resin isn't pushed. It dries up too fast. In the Pacific Northwest, there are some nice little pockets. But here this is perfect agricultural land.”

He refuses to call himself a “master grower,” the overused title that so many bestow upon themselves.

“I hate that term,” he says. “We have a couple guys working for us who are expert growers with great knowledge. We work together.” >>





Kirkham also relies on Mike Sutherland. Sutherland's a veteran cannabis consultant who says he's "seen it all." He probably has. He represents the third generation of cannabis growers in his family. He was raised in Washington state on the Oregon border and opened a dispensary in 2010 with a large extraction operation for edibles, as well as a delivery service. He then moved to Oregon and set up Butter Brothers, an award-winning edibles company.

His triumphs were fleeting, though. Oregon's cannabis market became oversaturated, dropping pounds down to \$125. When he moved to California, his ventures suffered from overtaxation—like every other industry player. Despite setbacks, his reputa-

tion only grew as an extraction consultant. He took on the position of sales and operations VP for United Cannabis, the largest publicly traded cannabis company at that time. From there, he co-created Music City Botanicals, which was sold to a publicly traded company in New York. When he got the call from HPI to come aboard, he jumped at the opportunity.

"With every emerging market, there's always the opportunity to make money," Sutherland says. "Some of the other legal states are definitely struggling, but New York is very conscious of ensuring that the market doesn't get oversaturated. As one of the first licensees, we have the ability to launch our new cannabis brands without any interruption." >>



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◀ HPI uses a massive grinder.

When asked what makes HPI different, he's got a quick answer: "No suits. I can't stand the money guys making decisions about where money can be spent and where it can't."

It's no secret where HPI has spent its money. A mammoth drying room awaits the crops adjacent to a space that houses a monster grinding machine. A giant nitrogen tank stands outside the state-of-the-art extraction lab. Greenhouses will be built in the spring. The plan is to release a number of brands in the coming months.

As I watch an HPI crew member feed the maw of

the drying machine, Tanami explains that the biggest challenge of cultivating any type of cannabis crop is the drying process.

"If you don't have that dialed in, you're limited to whatever your drying facility can actually handle. The first step was finding a machine that can grind the plant down to the proper particle size. You need that particle size for the extraction end. We worked with two manufacturers. It was intricate and complicated. Cannabis can gum up a machine. But there's no downtime with these, no need to clean them." >>

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“WHEN [CANNABIS IS]
CULTIVATED OUTDOORS
NATURALLY, THE PRODUCTION
OF CANNABINOIDS
INCREASES, NOT JUST THC.”

— ED KIRKHAM





“We’ll be producing edibles, pre-rolls, packaged flower, chocolates,” says Sutherland. “This is big. It’s really exciting. It’s one of the bolder transitions in the cannabis industry I’ve seen.”

HPI is creating jobs, too. Fifty employees will run manufacturing and extraction. The agricultural side will vary according to the season, but more hiring will take place with the addition of greenhouses.

“I come from 20 years of experience in the automotive industry,” Tanami says. “I saw my industry get monopolized, specifically after Hurricane Sandy in 2012. We lost a lot of vehicles in New York City. And those were replaced with new vehicles. But those new vehicles came with motor clubs and insurance companies that handle the bodywork and the roadside calls. I began to understand how industries get monopolized. How do you prevent that? You need the infrastructure to produce at scale.”

For a thriving New York cannabis industry, HPI is working directly to support and work with local growers.

“What keeps farmers up at night is the fact they put out all this money,” Tanami says. “Now they have to wait until the retail market opens. Their question is, ‘Will I survive until then?’ And by the time the retail market opens, they’ll need more capital to start their next grow. We understand this challenge. Creating a network of growers who work directly with us is key. Through our program, we’ve enabled a good number of them to continue. We provide all the resources and tools to ensure that farmers have success. We give them more than a fair market value for their crop and we’re going to ensure that. We want to maintain a fair market value for all stakeholders involved.” 



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WHITE ASH WEEKEND

Judging a
cannabis competition
in the Canary Islands.



by Jimi Devine

THE INAUGURAL WHITE ASH Weekend in the Canary Islands was a celebration of fine cannabis sure to make waves on both sides of the Atlantic.

To understand the hype levels you must understand the scene on the island of Tenerife. The island is the largest in Spain, despite being situated about 200 miles off the coast of Africa. It's home to just under one million people.

These may not sound like the ingredients for a cannabis hot spot, but add in the five million tourists that visit the island from Europe every year and you'll get a better idea of why things are blowing up in the cannabis club and association scene. Spain is a legal gray area for cannabis, where it is legal to smoke and grow cannabis for personal use.

We've disenfranchised the term cannabis club in America over the last couple of decades. Those early medical-only clubs eventually turned into the modern-style dispensary formats we see today. In Europe, they very literally still mean club. Similar to 2000s California, clubs and associations will issue

you a membership card. But the tech is a lot cooler for these clubs now; apps like Doob allow the clubs to streamline membership offerings and payment. Essentially members charge up a card like you would at Dave & Busters but instead of playing Skee-Ball you buy weed, snacks, and beverages. One club owner on the island told *High Times* it reminded them of Amsterdam 20 years ago.

You can feel the time gap. American cannabis heads will feel like the clocks turned back a bit. The kind of secrecy we've been able to leave in the past in most states is the operational standard. There is no real way for the clubs to advertise besides word of mouth and social media, and the perils of social media in the cannabis industry don't stop at the U.S. border. It's an even bigger bummer losing your account if it's your sole outreach tool.

But even with the challenge of being a cannabis business on the island, things are booming. One local speculated there are already around 500 clubs in Tenerife, with a couple more opening every week. To help put that into perspective, California has roughly the same amount of licensed shops. >>



Los Cristianos Beach
in Tenerife.



Scenes from White Ash Weekend, a cannabis event held on the Canary Islands.

We traveled 22 hours from San Francisco to see what was popping and were not disappointed. Most of the cannabis scene is on the southern end of the island which is packed with tourists. We got in a couple of days early to check things out before heading up to the mountains, which provide more seclusion than the resort towns for various cannabis activities.

What originally put Tenerife on our radar last spring was the first edition of The Canary Islands Champions Cup. There hadn't been that much heat on the island since all three volcanoes erupted at once in the early 1700s. Also, White Ash Weekend was thrown by the same guy that put on the Champions Cup earlier in the year. His name is Lawrence.

Lawrence would serve as the host for our Tenerife adventures. He picked me up from the airport and our paths crossed daily the couple of days before the cup when I was club hopping.

Lawrence hoped to continue to build on the vibes that started earlier this year. The weekend isn't just about finding the island's best weed of the moment, it's also about getting the heads together.

"If you're going to a networking event, you might find a cool speaker one or two and it's a bit of fun you might have a drink, might meet one or two cool people and stuff like that, but it's just a bit fucking boring," Lawrence told *High Times*.

“Watching this market explode over the last three years has been a pleasure, they do it right over here, with love and passion.”

- Ciaran O'Leary

Lawrence believes you kind of have to crush the worlds together and it's a bit difficult but, "we're in a gray area, you've got the fucking chance to actually do that."

He argued if you can mix an illegal cannabis event with a legal kind of networking event it's fantastic.

"People managed to get the best of both worlds to have a bit of fun and loosen up their collar a little bit and understand that we might need to relax a little bit and work a little bit extra in the gray," Lawrence said.

Even before the major events that started in 2022, Lawrence worked to increase the notoriety of the island's cannabis scene. He founded his Terp Circle project with the sole goal of increasing engagement for the island's clubs. That work built the relationships with the brands that he needed to get White Ash

Weekend off the ground.

"Clubs were always really empty and it really annoyed me that I would see something on Instagram that looks amazing. I'm gonna get down to that club. It takes me two days to get my time sorted to get down there, I get down and they're out. It's a nightmare," he said. >>



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Lawrence wanted to create a mechanism to drive better communication. I spoke with a lot of club owners who said he'd run an event in their club. For the duration that he runs an event in a club, club owners provide free memberships for the people that come through. Lawrence said he's building long term value in those local relationships.

"We'll run basically the cost of the cannabis down to cost price so they don't lose or make any money the work," Lawrence said. "I don't lose or make any money on the work but the people that come to the event get a great deal."

Lawrence argues the work he's putting in now will pay off in the years to come as cannabis continues its normalization.

Few people in Europe have their finger on the pulse of the lounge scene like Ciaran O'Leary. O'Leary helped Cookies break into the European market before opening a second club in Barcelona. For White Ash Weekend he was helping the Mills Nutrients team with their activation.

"Watching this market explode over the last three years has been a pleasure, they do it right over here, with love and passion," O'Leary told *High Times*.

When speaking on the things that have surprised him the most about Tenerife's changes he pointed to the pace of it and the sheer size of the expansion as the most surprising.

▼ Musical performances livened up the scene.



PHOTO: COURTESY WHITE ASH WEEKEND



PHOTO: JIMI DEVINE

RTZ took the win with ▲ Amaretto Sour.

"There's so many clubs," he said.

As for the cannabis at the cup and on the island, it was reputable. The most noticeable thing was the lack of air conditioning in 90% of the buildings on Tenerife, which makes all the terps pretty cooked. So when you see something that's been stored in above average conditions it's allowed to express itself as best as possible.

The winner, RTZ's Amaretto Sour, would end up ruling the weekend but there were a lot of other great offerings in the contest. Nevertheless, the Amaretto Sour was also one of the things we smoked the most outside the contest. We also liked the RTZ rendition of Rainbow Belts for sure.

One funny thing was the fact I smoked more La Bomba

"There's so many clubs."

- Ciaran O'Leary

in Tenerife than I have in California. Now people are popping a bunch of Compound packs looking for the next La Bomba, but the version floating around the island is dope.

Hanami Garden was the nicest flower that wasn't in the contest. It was absolutely the heat. They had awesome renditions of Symbiotic Genetics' Mimosa and Compound Genetics' Violet Fog. In addition to the great flavors, Hanami had the best rosin on the island by a mile. One of the other locals at the table put them in the top five in Europe.

The forecast for Tenerife will continue to feature a ton of heat. We imagine the trend to continue to grow as more and more of the people visit Tenerife from countries that have legalized cannabis. HT

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Hannah Smith
Culinary Manager, Ieso

We know the flavor and effects of the Blue Citrus Caramel speaks for itself. However, we couldn't miss the opportunity to give them and the mastermind behind their delight the shout out they deserve. Meet Hannah, a culinary inspiration, chocolatier, and former restaurateur, who's passion for the cannabis industry has most definitely made life and edibles sweeter for all of us here at Ieso.

After graduating culinary school from Rend Lake College in 2007, Hannah worked in restaurants in New Orleans, Chicago and settled in Nashville for awhile where she was the head chocolatier at a boutique shoppe. Afterwards she moved back to Illinois to open her own restaurant and found herself embarking on a new adventure with Ieso's Sweet Life by Hannah edibles line and we're so very glad she did.



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ON THE BACK COVER



What's New?

To start the year off right, here's a glimpse at what's new and exciting in cannabis right now. From the rise of cannabis nationally and internationally to the ongoing fight to free people imprisoned because of cannabis convictions, there's no end to what this year has in store.

ILLUSTRATION: PEDRO CORRÊA

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PHOTO: EMILY EIZEN

72

Building a Social Impact Brand

Anthony and Loriel Alegrete's cannabis brand, 40 Tons, advocates for those who have been imprisoned for cannabis. The name stands for the weight that affects prisoners and their families, despite how others profit off of the legal industry, and is a testament to the brand's mission to fight injustices.

86

Planting the Seed

International Cannabis Business Conference (ICBC) founder and executive producer Alex Rogers talks with author Ngaio Bealum about cannabis in the Balkans, also known as the Balkan peninsula in the Mediterranean. While Croatia became the first country to host a cannabis event in the Balkans, Rogers explains that the entire region has so much possibility and opportunity.

92

Back in Amsterdam

After experiencing the Cannabis Cup in years past, Mary Jane Gibson returns to Amsterdam to assess the coffeshop scene. While Amsterdam officials seek to rebrand as a family-friendly destination, it would end an era of sex work and drug culture that has remained in the city for decades.

98

Rabbit Vision

Grammy-award nominated musician Freddie Gibbs celebrates the release of his first album, *\$oul \$old \$eparately*, to come out on a major label. From receiving an honorable discharge from the U.S. Army for his love for cannabis to how his newest tunes making him feel vulnerable, Gibbs is full of surprises.

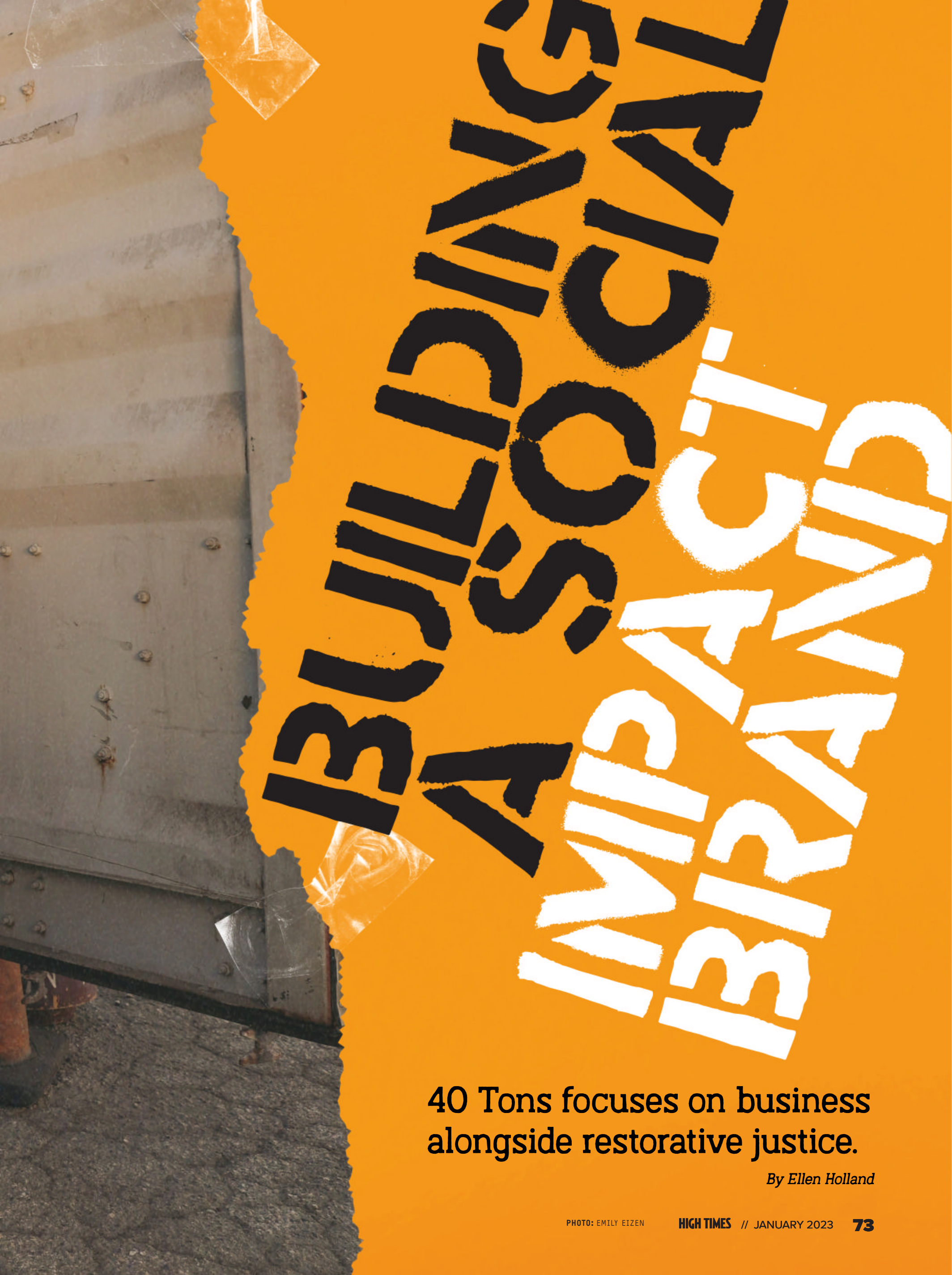
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Cannabis Meets Condiments

Savory edibles are all the rage, and it's brands like Saucy that are bringing something new to a dish near you. Saucy founder Tess Melody Taylor explains how these condiments not only taste amazing, but also work to end the stigma of cannabis and encourage positive discussions at the dinner table.



Loriel and Anthony Alegrete stand behind their friend Corvain Cooper.



40 TONS BUSINESS

40 Tons focuses on business
alongside restorative justice.

By Ellen Holland



The founders
of 40 Tons
model their
streetwear line.

These days in the cannabis industry, recognizable brands are often the key to gaining consumer sales. The first tenant of a successful cultivation-related company is quality cannabis, but after that, it helps to have a compelling brand story. 40 Tons has both of those things. The people behind the cannabis and streetwear company have had their lives irrevocably changed by cannabis convictions and have built upon that history to re-enter the game of selling weed, this time on the legal side of the street. The company's name alludes to the amount of cannabis in a multi-year criminal conspiracy to which they are linked. After serving jail time, with one person facing a lifetime sentence, a presidential pardon offered a second chance. The friends behind 40 Tons used that chance to rebuild their lives with a brand built upon the foundation of helping others facing similar hardships.

"A newspaper article written said, 'California man sent to life in prison for 40 tons of weed,' that's where we got the

name," Anthony Alegrete says of the sentence his longtime friend, Corvain Cooper, was given in 2014. "We turned a negative into a positive. 40 Tons represents heaviness. It represents weight. And what is a life sentence? It's heavy on the family. It's heavy on the kids. It's heavy on the person... Just because we carry it well doesn't mean it's not heavy."

Alegrete's wife, Loriel Alegrete, is the CEO of 40 Tons.

"Anthony has gone to jail for weed-related crimes not once, not twice, but three times," she says over a phone call while having lunch out with her husband. "Every time I said to myself like, 'He's got to stop. We have to stop.'"

But today, Loriel says she sees all the setbacks as a sign to go further.

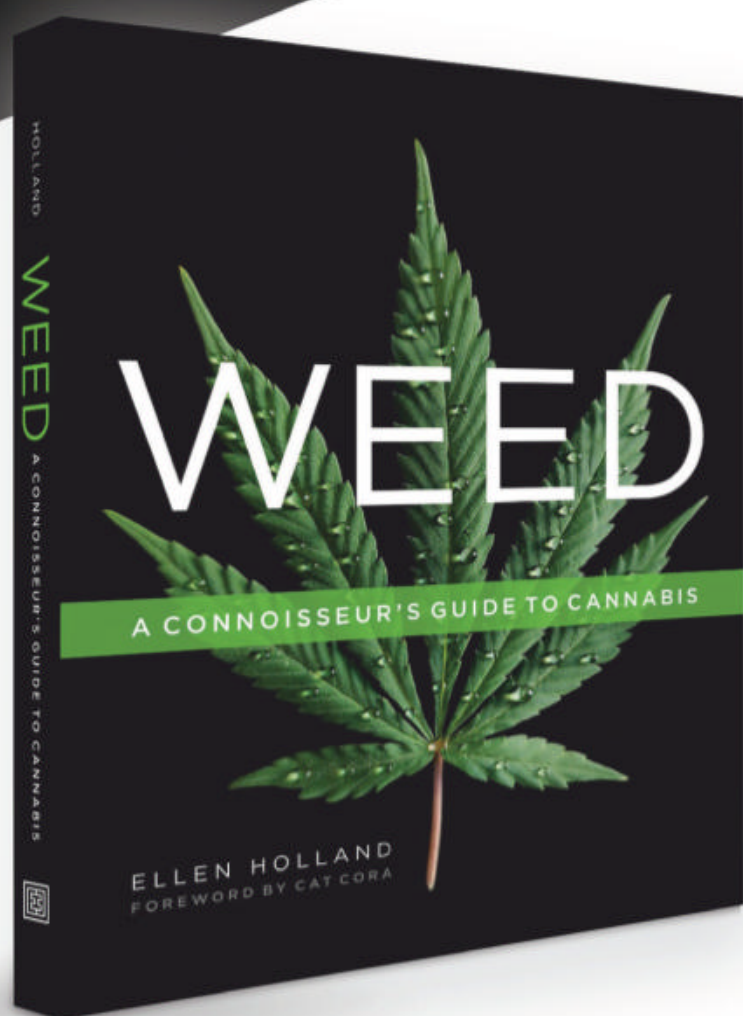
"I take it as, hey, we have to keep moving forward because times are going to change," she says. "I guess the higher powers that be, they saw it for me, for us, and it's come full circle now, so things are great today." >>



EPIC INK

WEED

A Connoisseur's Guide to Cannabis
By Ellen Holland



Explores the Beauty and Bounty of Cannabis

Taking a journey into the heart of
how it's farmed, produced, and
appreciated today.



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CALIFORNIA TO CAROLINA

Now in their 40s, Anthony Alegrete and Corvain Cooper met as teenagers attending the same high school in Los Angeles. Over a phone call, Anthony explains their friendship spans almost 30 years.

“We sold our first eighth together, like our very first eighth,” he says. “So, like, you know, there’s history there.”

According to the U.S. Department of Justice, “from in or about 2004 through January 2013, Cooper was involved in a drug conspiracy that trafficked marijuana from California to the Charlotte [North Carolina] area.”

With two prior felony drug convictions—a pound of weed and codeine cough syrup without a prescription, Anthony explains—Cooper was given life in prison. Others involved, such as Anthony, Evelyn LaChapelle, and Natalia Wade, also served time in prison in association with the case.

On former President Donald Trump’s final full day in office, Jan. 19, 2021, he included Cooper in a commutation list along with 72 other people, including a handful of others with marijuana-related charges. That same day, Trump’s 70 presidential pardons included his chief political strategist Steve Bannon and rapper Lil Wayne. >>

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Sour Blue Razzberry 1:1
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Snoozzeberry 1:5
20mg CBN, 100mg THC



Peanut Budda Buddha
100mg THC



Mile High Mint
100mg THC



Windy City
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100mg THC



Black Cherry 1:1
100mg CBD, 100mg THC



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RABBIT IN THE JUNGLE

By 2011, Anthony and Loriel were in Las Vegas looking for a fresh start after Anthony's two stints behind bars. The times Anthony was in prison coincided with Loriel's pregnancies, and each time she was left to address the family's needs.

In Las Vegas, Anthony had co-founded a nonprofit children's fitness camp called Jump for Joy and was featured on the local news. He was on his way to earning a degree in business marketing. The way Anthony explains it, even though he hadn't seen his friend Cooper in a number of years, another friend dropped names and circumstantial evidence "ended up causing a wildfire."

Anthony ended up in prison again.

"I had to be strong," Loriel says. "I had to hold the family together and be the mom and dad in the house and also

"I BUILT THE BRAND TO GET MY BOY OUT OF PRISON AND THEN WE DID, SO I COULDN'T JUST QUIT."

- ANTHONY ALEGRETE

support Anthony while he's in there. I don't think a lot of people understand that. You know, your loved one is going to do time, but you're also doing that time too.

"So having money to put on his commissary was tough, you know, planning visits and then, if you factor in for me personally, Anthony and I are an interracial couple. So you factor that in and that makes it one more, uh, layer to have to overcome."

In response to the new cannabis charges he faced, Anthony wrote a book called *Rabbit in the Jungle*.

"A 6 foot nothing, 100 and nothing white boy going to prison, you know, you're a rabbit in the jungle," Anthony says of the title. "Also, the rabbit in the jungle is the felon and the felon is corporate America." >>



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The people behind 40 Tons are building a brand based on fighting the injustices faced by cannabis prisoners.

A man and a woman are posed in a rustic, industrial-style setting. The man, wearing a dark suit and a teal tie, is sitting on a bright red, tufted leather sofa. He is leaning back with his legs crossed. The woman, wearing a dark, long-sleeved top, is standing behind the sofa, leaning her hand on the backrest. The background consists of a wall made of stacked wooden pallets. The right side of the image is a solid bright orange color, which contains a quote in white text. The overall mood is contemplative and artistic.

**“WE TURNED A NEGATIVE
INTO A POSITIVE. 40 TONS
REPRESENTS HEAVINESS. IT
REPRESENTS WEIGHT. AND
WHAT IS A LIFE SENTENCE?
IT’S HEAVY ON THE FAMILY.
IT’S HEAVY ON THE KIDS.
IT’S HEAVY ON THE
PERSON.”**

- ANTHONY ALEGRETE

40 TONS



Originally sentenced to life in prison, Corvain Cooper was pardoned in 2021.

40 TONS

The Alegretes became a hub for advocacy around Cooper's release and, upon pairing with a potential investor who planned to cultivate cannabis, started to build a brand around their story.

"The brand started 20 years ago when we were in the streets, but officially it started during the pandemic," Anthony says of 40 Tons. "We sold weed without a license and we should have been punished for it, but what we're advocating is that the punishments don't fit the crimes... We made mistakes. It's time to move forward. It's time to do it the right way."

The Los Angeles-based company started with clothing and has since partnered with San Francisco-based cultivator Sunset Connect on a flower line distributed by HERBL. It also has partnerships with companies in other states.

"I built the brand to get my boy out of prison and then we did, so I couldn't just quit," Anthony says, noting his record doesn't allow him to work his way up at a different kind of place like Starbucks or a bank. "I either have to be a grunt, or I have to be an entrepreneur."

Anthony is the COO and Cooper serves as a brand ambassador.

"No one should get a life sentence for cannabis," Cooper says through an email. "I am here to show those incarcer-

ated over the plant can and should get a second chance. My co-founders and I have been friends for almost three decades. It was a no-brainer for me to go into business with people I trust. My family supports me in anything I do and are very proud of the new man I have become."

The clothing includes a T-shirt line featuring the faces of people who continue to serve time in prison for cannabis, with 100% of the profits of the sale of those shirts going to the prisoners' commissaries. As of October 2022, 40 Tons had also put on four cannabis career fairs called Canna Get a Second Chance.

"My focus is bringing as much awareness to the country as possible that people are still in prison over this plant," Cooper says. "I want to be a part of the movement that helps free them. My focus with 40 Tons is to provide marketing support and share my story at every opportunity I can. I would like 40 Tons to be the biggest social impact brand in cannabis. We want to not only sell premium products, but we want to have a real impact in the communities we serve."

Loriell says her children, now 21, 18, and 9, now have a different story to tell about their family's past.

"They call me the GOAT and I didn't know what that meant for a long time. They had to let me know," she says of the acronym that stands for greatest of all time. "This is a part of our life and they're really super proud of myself and Anthony and what we've accomplished." **HT**

S

Anthony Alegrete
and Corvain Cooper
are longtime friends.

**“I AM HERE TO
SHOW THOSE
INCARCERATED
OVER THE
PLANT CAN
AND SHOULD
GET A SECOND
CHANCE.”**
- CORVAIN COOPER

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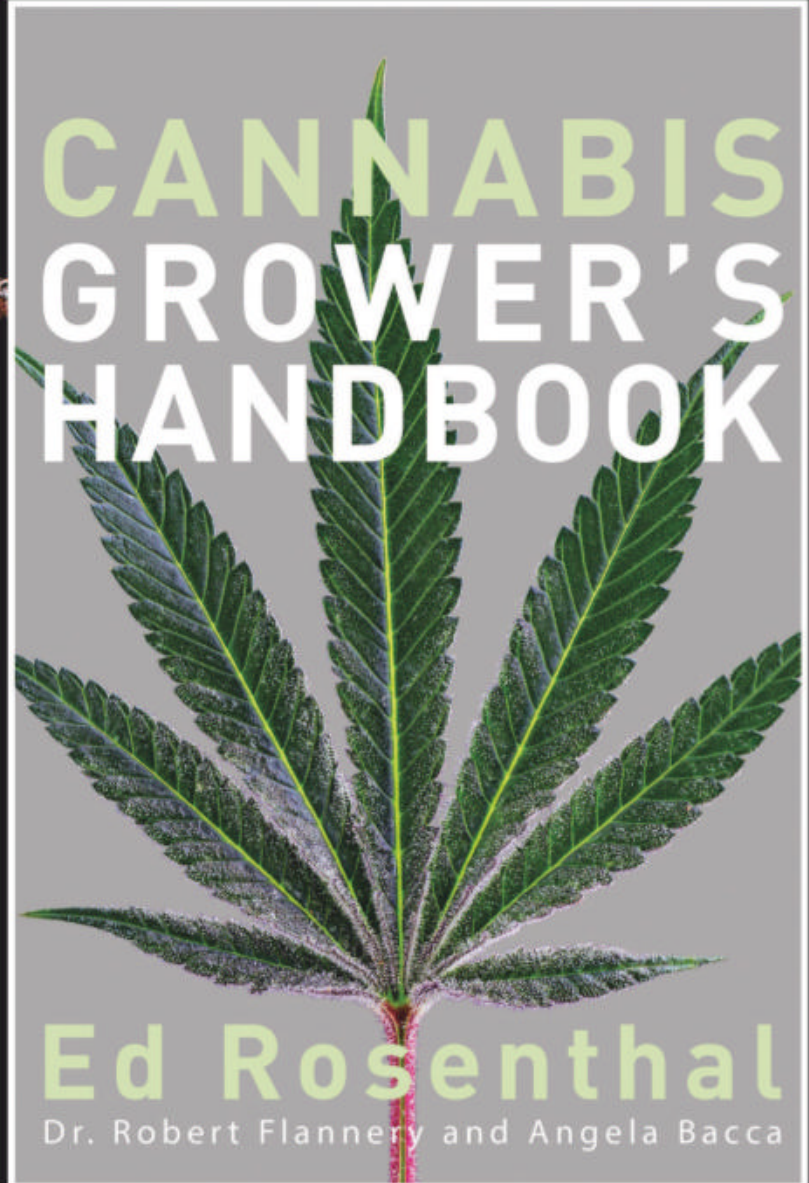
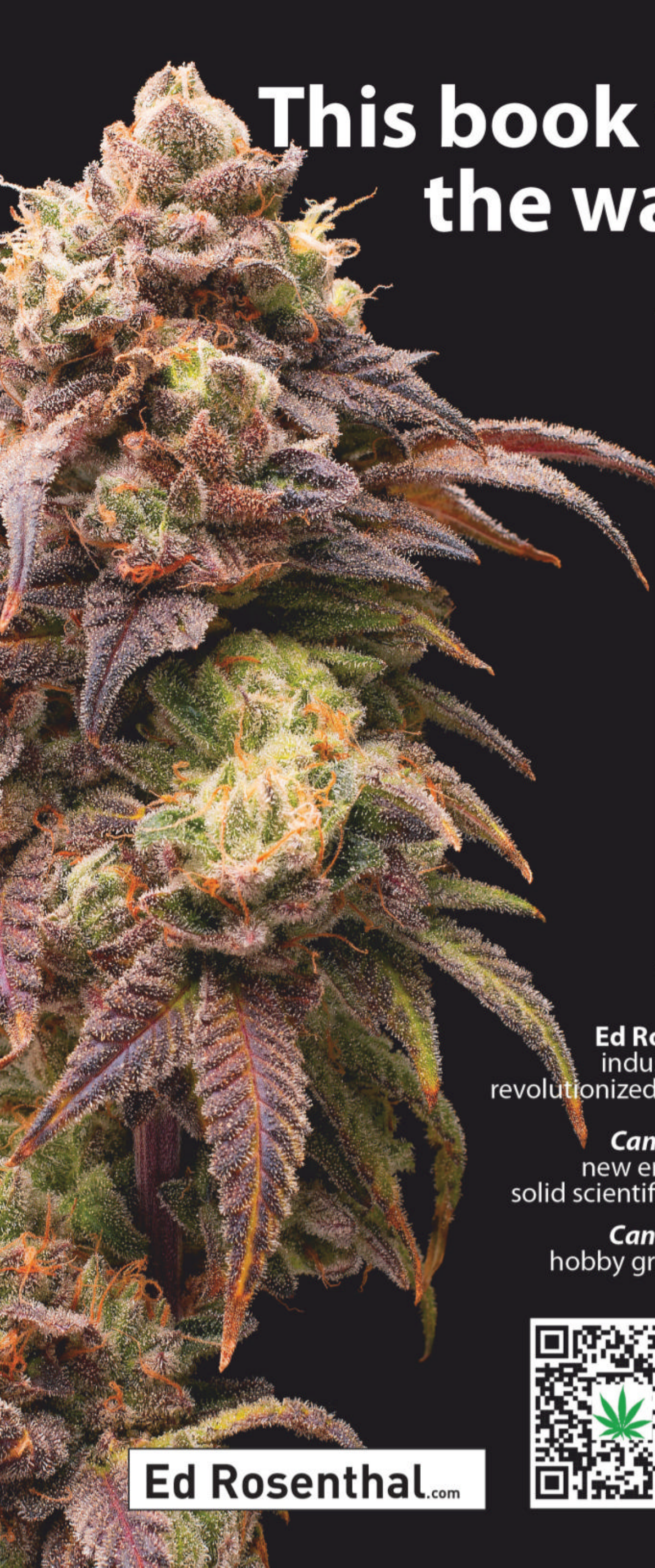


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Ngaio Bealum (right) enjoys the view at the International Cannabis Business Conference in Croatia.

People often think of cannabis legalization as a local issue. At least in America, that's how it goes. A city will loosen its laws, a state will allow legal cannabis, and that's it. But there are cannabis users all over the world, which means there are cannabis activists all over the world, and that's how I got to spend a week in Rovinj, Croatia, attending the first-ever cannabis conference held in the Balkans. Why? Let's find out.

"You know what's great about the Balkans? People think nothing's happening here right now, and in some ways nothing is. But the beauty of these markets is that when nothing is happening, they become these bastions of possibility. And so in the Balkans right now, there's so much beauty, so much spirit, so much loveliness, and because we are at its inception, there's a ton of possibility and opportunity."

That's Alex Rogers, founder and executive producer of the International Cannabis Business Conference (ICBC), a conference series that produces events in Berlin, Barcelona, Zurich, and now Croatia. First, some disclosure: I've known Alex for almost 30 years, since he was a street activist for the Cannabis Action Network in the San Francisco Bay Area, and I work for the ICBC as the MC. Don't worry, I constantly remind the suits that cannabis legalization is a social justice issue, and not just an excuse to be raging selfish capitalist pigdogs. Most of them agree with me.

Anyway, Alex is definitely correct about the Balkans. While cannabis is technically illegal, it's not a big deal as long as you are relatively discrete. There's no real industry or scene, but everyone has a veggie garden and if they happen to grow a little weed, it's just to help grandma with her arthritis. No big deal. And with its low cost of living, great Mediterranean weather and soil, and proximity to larger countries (it's a five hour drive to Germany and a five hour boat ride to Venice) Croatia and Slovenia could definitely make some noise and some money in the global marketplace. Balkan cannabis crusaders would like to speed up the process, and it was uplifting to see a bunch of Croatian and Slovenian activists create an impromptu meetup so they could share ideas and make plans.

Well-respected Slovenian medical cannabis proponent Dr. Dušan Nolimal spoke at the conference and also published an opinion piece in a Slovenian journal, stating, "If the Ministry of Health delays until cannabis is approved by other European countries, foreign commercial entities will be able to have a very significant influence on the determination of national legislation regarding cannabis in our country. This could be a major problem, as the commercial interest in cannabis may be diametrically opposed to the interests of the public health profession, which should already be advocating a zero-tolerance policy for young and vulnerable groups and moderate use and risk reduction for adults." >>



CBD-heavy Croatian strains on display at the ICBC.



Rovinj, Croatia played host to the International Cannabis Business Conference.

PHOTO: NGAIO BEALUM

While there is little chance for the Balkans to be one of the first to legalize (Germany has already announced plans), they could be close. And as well all know, the early bird gets the worm, but the later mouse gets the cheese.

Speaking of Germany, Germans were well represented at the conference by a variety of investors and media. Michael Knodt, a German weedlebrity whose documentary *Cannabis Für Alle* has racked up just about one million views, expects the German legalization plan to be a big success.

“It is kind of complicated because we are members of the EU (the European Union has rules against growing and selling cannabis), we have a common market with the EU, and that makes it complicated,” Knodt said. “And it will take a little bit longer than the grass-roots movement expected. I think there will be a few steps. Step one is gonna be implemented next year. It’s like a massive decriminalization and then comes step after step. First is the domestic market and the last one will be the international market.”

While the recreational international market is a few years away, Germany already imports tons of medical cannabis from Canada, and plenty of international entrepreneurs are looking to be first to market. My biggest takeaway from all of the International Cannabis Business

“You know what’s great about the Balkans? People think nothing’s happening here right now, and in some ways nothing is. But the beauty of these markets is that when nothing is happening, they become these bastions of possibility.”

– Alex Rogers

Conferences that I have attended is that we tend to think of weed as a decentralized, hippie mom-and-pop farm sort of deal, but legalization will most certainly turn cannabis into a commodity like wheat or hops. Hopefully, this mass commercialization won’t destroy artisanal small-batch cannabis farms. It probably won’t, because weed growers are gonna grow weed, so I’m optimistic for the future, and we need international cannabis sales so I can buy Moroccan hash without having to go to Morocco. Similar to Budweiser and microbreweries, they should be able to coexist.

Cannabis is the next big business global opportunity. Not just recreational cannabis, but medicinal cannabis, hemp, CBD, and other beneficial cannabinoids that we are just starting to learn about. Don’t get me started. And yes it’s a little bit odd to be at a cannabis event where there are more suits than hippies and people don’t smoke weed until the after-party (DJ Muggs from Cypress Hill was spectacular, by the way), it seems to me that international decriminalization and legalization will happen in the next five years. If the success of the first Eastern European cannabis business conference is any indication, the seeds have already been planted. **HT**



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COZYING UP TO THE FABLED WEED CITY IN 2022.

BY MARY JANE GIBSON

GEZELLIG IS A FANTASTIC DUTCH WORD THAT ENCOMPASSES A whole mood and defies translation. I think it means a combination of things: the warm feeling of belonging, being in the right place at the perfect time, surrounded by the most genial company. You hear the word a lot in Amsterdam; the concept of *gezellig* is at the heart of Dutch culture. Finding the sweet moment, relaxing into it, being as cozy and comfortable as possible... it's a prescription for any stressed-out modern soul.

Factor in the world's best hash and cannabis, set against the twinkly Advent calender beauty of the "Venice of the North," and you're in absolute heaven. Every time I've visited Amsterdam, I've experienced this untranslatable feeling. It's potent stuff—a swirl of strong coffee and ice-cold foamy glasses of beer, bicycle bells dinging, and rose-ringed parakeets flitting through the Vondelpark in late-afternoon sunshine, all suffused by the sweet aromas of weed and hash. >>



When I booked a trip to Amsterdam last summer while dreaming of my previous hazy visits, I considered the perils of pining for bygone days. To quote author Brené Brown, “Nostalgia is... a dangerous form of comparison. Think about how often we compare our lives to a memory that nostalgia has so completely edited that it never really existed.” This would be my first trip to the Netherlands in almost a decade, and I was curious to see how the city’s legendary cannabis culture had evolved—or, perhaps, declined, with Barcelona’s rise to prominence as a new European weed capital.

In 2013, I worked the 26th Annual Amsterdam High

judges’ kit powered me through it all like a little weed jetpack, especially on the night my phone died and I got hopelessly lost. Fortunately, I somehow found my way to the judges’ dinner, where I was enveloped in a cloud of good cheer and great smoke. *Gezellig!*

This time around, my travel companion and I had no plans beyond eating, smoking, and visiting museums for three days to unwind after a few weeks in the U.K. Our train from London pulled into Amsterdam Central Station at 4:20 p.m. We were in the flow. We dropped our bags at our hotel and headed right for the iconic coffeeshop Green House in the area known as *De Wallen*, or the red light district.

We pulled up as the sky was darkening into evening shades of purple. The neon sign in the window cast an amber glow over the scene humming in the coffeeshop. It was cinematic and gorgeous, and it smelled great. A laughing girl bumped into me on her way out as we ducked inside. I could feel the days I’d spent in London melting off me, almost hissing as they swirled away. We were in the right place at the right moment. What a relief. My memories of Amsterdam weren’t nostalgic; this was now.

Inside the glow of Green House, we were greeted by Joa Helms, the CEO of the Green House Seed Company. He gestured to the menu on the wall illuminated behind the busy budtenders and asked what we wanted to sample. “Super Lemon Haze, of course,” Helms said with a grin, “and how about some Ztawberry?” We gratefully—almost wordlessly, I think—sank into a booth

“THIS WOULD BE MY FIRST TRIP TO THE NETHERLANDS IN ALMOST A DECADE, AND I WAS CURIOUS TO SEE HOW THE CITY’S LEGENDARY CANNABIS CULTURE HAD EVOLVED—OR, PERHAPS, DECLINED, WITH BARCELONA’S RISE TO PROMINENCE AS A NEW EUROPEAN WEED CAPITAL.”

Times Cannabis Cup during a long November week that lives in my head as a series of frosty snapshots. I judged the Seed Company Sativa category and was a live wire for five straight days as I sampled 21 strains from legendary outfits like Elemental Seeds, Reserva Privada, and Karma Genetics. That year’s winners were genetic heavyweights Tangie, Sour Power, and a super-tasty Sour Diesel cross called Headbanger.

Dutch authorities shut down the Cannabis Cup Expo at the last minute that year, and the *High Times* staff had to scramble to keep vendors and attendees happy. I remember a lot of long, chilly walks along glittering canals, shuttling back and forth to shows at the Melkweg from coffeeshops that had entered the competition. My

next to the window with the two packets of flower he handed us, along with rolling papers and a grinder. “It’s made from hemp,” Helms said of the grinder, as he departed into the night with a friendly wave, leaving us with our treasures.

Green House Seed Company has won countless awards for legendary strains like White Widow and Super Silver Haze, as well as for Super Silver’s progeny, Super Lemon Haze, which won back-to-back Cannabis Cups in 2008 and 2009. As my friend and I stuck our noses into the bags of flower to determine which way our evening would bend, one sniff of Super Lemon Haze was all we needed to know how it was going to go. Roll up, smoke, relax, repeat. >>





We floated out of Green House into the cool September night after a while, turning left, right, and left again on our evening adventure. We babbled through our Haze-y buzz as we passed by sex workers posing in windows, their neon lingerie popping under black lights with drapes barely concealing rudimentary beds just behind them. Moving through a crush of tourists with unclothed bodies on display for the gawking masses was elemental and deeply weird, but it also felt exactly right because I knew this would likely be the last time we'd see *De Wallen* like this.

In a move billed as an antidote to the effects of hedonistic tourism, the Dutch government has hatched a plan to relocate the red light district to the outskirts of town. The proposal would shut down sex workers' windows in an attempt to reset the city as a family-friendly destination. Amsterdam Mayor Femke Halsema is leading the charge to redefine the city's reputation—and she also wants to ban non-residents in coffeeshops by enforcing a national residents-only rule. Halsema says that banning tourists from coffeeshops is unavoidable in order to tackle tourist nuisances that arise from the “soft drug” sector—i.e. cannabis.

My friend and I chatted about the complicated nature of sex work and drug culture as we strolled along the canals. Prostitution in Amsterdam has been legal and

regulated since 2000. Cannabis, however, has never been legal in the Netherlands—the government's policies tolerate the possession and sale of small quantities of weed and psilocybin, and it's decriminalized for personal use, but it's not legal. And for decades, that was just fine, until conservatives like Halsema decided it wasn't. The tide has turned for the counterculture in Amsterdam as politicians debate about what's best for the city. It's certainly the end of an era.

As we finally made our way back to our hotel, my buzz was wearing thin, but my bud stopped to roll up some Ztawberry, popping open our second fragrant pouch. We perched next to each other on the edge of a canal barge, watched by a well-fed cat who sat cleaning its puffy tail with an eye on us. I was pretty faded after our glowy Super Lemon Haze'd evening, and I was ready to call it quits. But the click of my friend's lighter and the pass of a joint turned it all around.

Ztawberry is a Runtz x AMS cross—it's got a heavy kick from its Gelato parent sweetness, which fades to a perfect, heady buzz. Holy smokes, I thought, sitting on the edge of the canal barge as I gazed back at the Dutch cat. OK, you are NOT TIRED. You feel great. You feel clear and calm, and in the perfect state of being... oh, wait, this is... yes, it's *gezellig*. **HT**



Abbit





**FREDDIE GIBBS TALKS
\$OUL \$OLD \$EPARATELY,
THE GRAMMYS,
AND GETTING A
DISHONORABLE
DISCHARGE FOR SELLING
WEED IN THE ARMY.**

STORY BY KYLE EUSTICE /// PHOTOS BY NICK WALKER

isiah

“Sex, drugs, and rock & roll, baby!” That is the Freddie Gibbs story, at least according to the man himself. Posted up at a Los Angeles restaurant just hours before his latest album *Soul \$old Separately* was to arrive, Gibbs was in good spirits, seemingly without a care in the world. He flirted with the waitress, flashed his 1,000-watt smile as he spoke and laughed easily, a stark contrast from the Gangsta Gibbs persona that is sprinkled throughout his catalog.

Growing up in Gary, Indiana (which he proudly pointed out is the same city where Michael Jackson was born), Gibbs’s household soared with the sounds of Motown. Marvin Gaye, Stevie Wonder, and The Isley Brothers wove his musical fabric—then he discovered Too \$hort and The Geto Boys’s Scarface. He knew then he wanted to do some “gangster shit.”

“I didn’t even know if I had no talent for music,” he said. “One of my best friends, he was rapping and shit and I saw he was making the moves to rap, like making CDs and manufacturing and shit. I was just like, ‘I want to be a part of that some kind of way.’ I didn’t know it was going to end up being rapping, I just took a chance and that just happened to be the direction God pointed me in.”

Gibbs initially signed a deal with Interscope Records in 2004 and was supposed to release his major label debut with the company, but he was dropped in 2006 and the album never saw the light of day. After finding his way to CTE World, he encountered another speed bump when his relationship with founder Jeezy went south. Years of jumping from indie label to indie label followed and *Soul \$old Separately* marks his return to a major label (Atlantic Records).

“I’m excited but definitely fucking nervous,” he said of the album’s impending arrival. “It’s my first album on a major label, so it’s like everything’s magnified and you under the microscope. My whole career, they’ve been telling me I couldn’t do this and do well doing this. So now, I’m at the point where I’m about to do it for real. I’m about to really do it.”

“It’s sad that it took this long to get to this point, but I’m not mad, man. God puts you in a position you’re supposed to be in when you’re supposed to be in it. And I know a lot of guys in this rap game that was here and gone, and I’m still here. I’m talking about over a hundred n-ggas out there that I’ve seen get signed over me, that I’ve seen get deals over me, that I’ve seen get better looks than me. I’m here and they not here now. It’s all about being here in the now. I know a lot of n-ggas that are musically irrelevant. All these n-ggas really ain’t relevant musically. They’re just social media stars, to be honest.” >>





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“God puts you in a position you’re supposed to be in when you’re supposed to be in it.”

- Freddie Gibbs

Gibbs often teeters the line when it comes to social media. With infamous e-battles with media personality Akademiks and fellow rapper Benny The Butcher, Gibbs knows how to get clicks with his relentless sparring. But he also has the talent to back it up, a rare combination in rap’s current landscape. *Soul Sold Separately* is another example of Gibbs’s staunch commitment to his craft. Although he opted not to employ the production of frequent collaborators Madlib and Alchemist, producers such as Kaytranada, James Blake, and DJ Paul were able to retain Gibbs’s gritty aesthetic, while allowing him to explore new terrain. He wouldn’t mind getting another Grammy nomination for Best Rap Album and would certainly embrace a win.

“Once you get that feeling, that’s just like smoking crack,” he said. “You want to get right back to it, you feel me? People ask me, ‘Oh, do you want to be nominated?’ Of course I do. What the fuck? I mean, did I make an album to be nominated for the Grammys? No. I made an album to make good music. But do I want to be nominated? Of course I fucking do, every time. I want to dress up, take my homies out, I want to take my mom out. Of course I want to be nominated. I want to be recognized for myself. And I think that my hard work is a clear-cut answer to why they put me in the Grammys. I wasn’t in the Grammys or that shit because I had a hit radio single or because I was some pop star, they put me there because I deserve to be there. My album is better than those other albums.”

He continued: “They know I was supposed to win, but they gave that shit to Nas because that’s Nas. I get it. It’s Nas, he deserve that. He deserve a Grammy in his career. He hadn’t won one before. But I wasn’t mad about losing to Nas. If I would have lost to anybody else, I would have been like, ‘Fuck them.’ Nas, they can take that. But everybody else, I would have had to fight them for it.”

Gibbs might not admit it, but he seems to be in friendly competition with Nas, one of hip-hop’s most lauded MCs. He brought him up again when talking about his creative evolution, almost as if he wanted to make it clear he’s aiming to top him. Gibbs samples a Nas classic in his 2021 single *Big Boss Rabbit*.

“I wasn’t really trying to top *Alfredo*, I was just trying to progress musically,” he explained. “I could have easily went back to Alchemist and just be like let’s do *Alfredo Part 2* right now. But that would’ve been expected, that would’ve been an easy thing to do. That would’ve been like, I mean, shit, no disrespect, but Nas and Hit-Boy did that bullshit where they coming back with *King’s Disease II*. Nah, my n-gga. Every album with me is a different kind of movie.”

Each album in his catalog does feel cinematic in scope with his colorful tales of his drug-dealing past but on *Soul Sold Separately*, Gibbs digs deep into the amygdala region of his brain and goes to an emotional place atypical of a Freddie Gibbs album, especially on songs such as *Grandma’s Stove* and *Rabbit Vision*. >>

“It’s the eve of the album and I damn near want to take them songs off because I don’t really want everybody to see me vulnerable like that,” he said. “A lot of that shit is embarrassing. On *Grandma’s Stove* I’m talking about my issues with my baby mamas and that’s kind of embarrassing. I feel bad about that because I got love for all them. And a lot of that shit that I was expressing on there was anger. I don’t not have no love for the mothers of my children. I love all them.

“It’s just that, a lot of the times, I be caught in the moment and I just be rapping, and I got to get that shit off. It can mean life or death. It’s a therapeutic thing for me. So there’s some things that I say on this album about some people that I don’t necessarily really mean, especially with the baby mom stuff. I don’t really mean to hurt, but it was probably regurgitated energy. She probably said something that hurt me or I did something that hurt her and I didn’t know, but that wasn’t my intention.”

Gibbs at least has the medicinal benefits of weed to calm his nerves. His routine doesn’t waiver—every morning, he smokes a blunt while going to the bathroom then goes about his day.

“When I get up out the bed—I’m old as fuck—I do a hundred pushups and a hundred sit-ups after I have sex to see if I still got it,” he explains matter-of-factly. “Then I get up. I might run like three or four miles. I start the day at like six in the morning. I take my daughter to school at 8:30 a.m. then pick up my son for daycare.

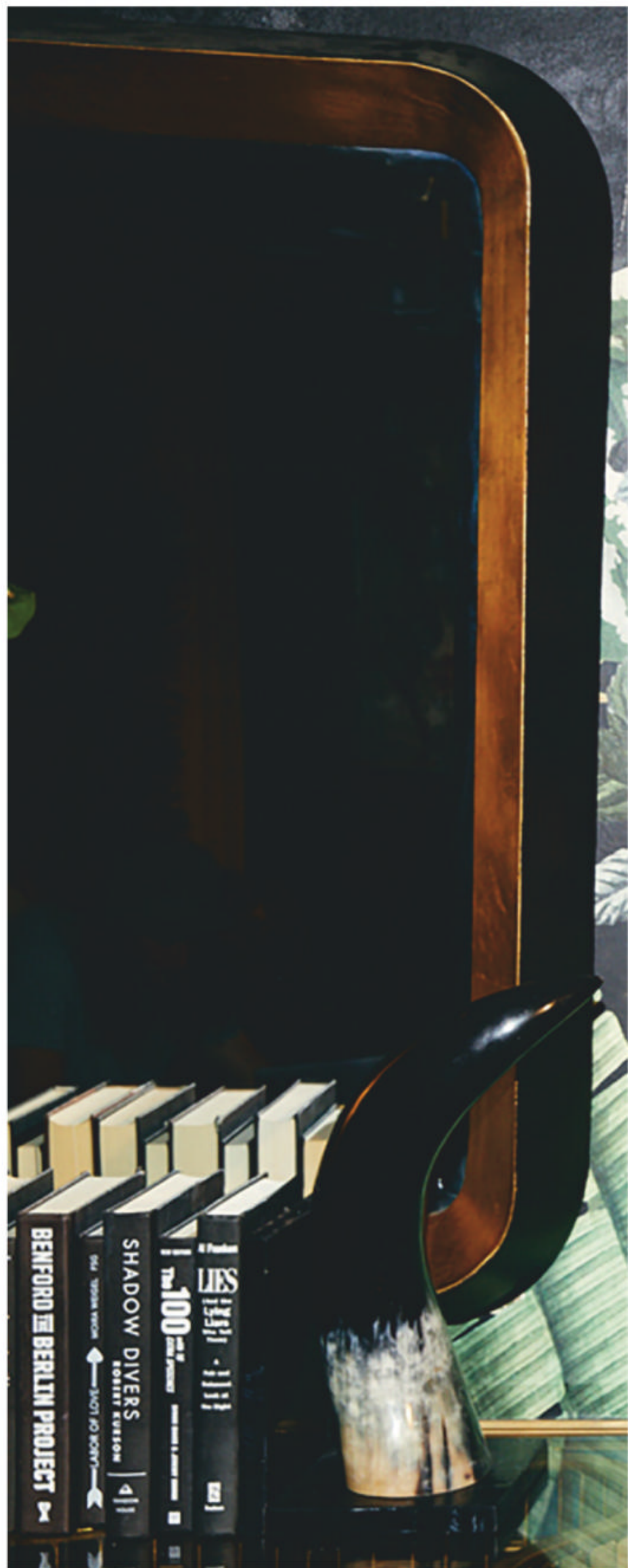
“At night, after I put the kids to sleep at 8:30 p.m., I’m rapping in the studio or writing a script or just vibing out. I got my studio in my house, so I’m just in there really just smoking, man. That shit like a black hole. It’s like all black, black walls. You can’t even see nothing, it’s all dark. So I be in there just creating. I go into my creative mode day-to-day.”

His affinity for cannabis earned him a dishonorable discharge from the Army at 20 years old, right when he started rapping.

“I was selling weed and smoking it,” he said. “You can’t do both. So it was either that or being in the Army. I had to get out of there.”

Gibbs now has a life he never would have imagined—Grammy Award nomination, deal with Atlantic Records, creative freedom and the ability to work with some of the biggest artists in the music business, something he struggles to wrap his head around.

“I can’t believe it sometimes,” he says. “I’m blessed, man. It’s God. It’s prayer. Like my mama said, ‘Favor ain’t fair.’ You God’s favorite if he put you in positions, so it is what it is. I got to give my glory to God. It ain’t me. God gave me the talent.” **HT**





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CANNABIS MEETS CONDIMENTS

Getting saucy with **Tess Melody Taylor**.



by Keegan Williams

WHO DOESN'T LOVE A GOOD SAUCE? WHAT'S A SALAD without the satisfying punch of flavor that dressing provides? Classics like pizza and tacos are great on their own, but most of us won't hesitate to snag a bottle of hot sauce or barbecue to accompany these, and many other, meals.

Tess Melody Taylor is amplifying the condiment game with one saucy concept: cannabis-infused sauces, born from her Texas roots with a focus on

community, culture, and family. Her brand, Saucy, currently offers 5 mg THC packages in three vegan, gluten-free, and sugar-free varieties: a Texas-style BBQ sauce, a hot sauce, and a lemony herbal vinaigrette that doubles as a marinade. And she's just getting started.

"I think some of the most important conversations that we have are around the dinner table," Taylor said. "I like to think that my product is opening up a dialogue at the table, and maybe changing some minds and some hearts about [cannabis]."

Taylor has had a personal relationship with cannabis since she was 14, but it wasn't until her 20s that she realized her use was medicinal. Her cannabis consumption became more intentional as she started therapy, evolved her relationship with alcohol, and began to explore how plant medicine could also help her parents, two veterans.

"My dad, he was going to the desert wearing like 60 pounds of gear and not taking care of his body. Literally just spine compressing, so he has metal rods aligning the spine," Taylor said.

Her father was prescribed liquid opium for pain management while living in Germany, and after her parents came to the states in 2013, he was prescribed daily morphine tablets by a "geriatric doctor, who just freely writes scripts."

Taylor began introducing her folks to cannabis, mostly topicals and edibles, and said it changed the entire family dynamic, beyond just physical health. >>

“We are much more introspective, much more on the path of self-actualization; our communication improved... Cannabis just really was, and continues to be, the way that we heal ourselves holistically,” Taylor said.

As Taylor reflected on her journey into the cannabis space, she said that family was her biggest inspiration. It was especially powerful to expand the minds of her parents “who are very

topicals, and cannabis as a whole.

As COVID-19 hit, Taylor joined the nonprofit and pre-accelerator program Our Academy, which provides comprehensive 16-week courses and mentorship to BIPOC operators in the cannabis space. Now an Our Academy board member, she recalled thinking at the time, “Damn, this is my opportunity to actually get into the industry,” as creating THC-infused products was her ultimate goal.

Taylor moved to Los Angeles in 2020 and thought of her parents, their generation and the “new” cannabis user as a whole

“I like to think that my product is opening up a dialogue at the table.”

- Tess Melody Taylor

much rule followers” overlooking the stigma attached to the plant and realizing she could provide the same to other people.

Living in Dallas at the time, her first cannabis venture was the all-gender CBD skincare line, TAYLOR + tess, founded in 2019. Taylor wanted to use the intersection between skincare, cannabis, and cosmetics to reach a wider audience and provide consumer education around the ins and outs of CBD

when founding Saucy, which officially launched in April 2021.

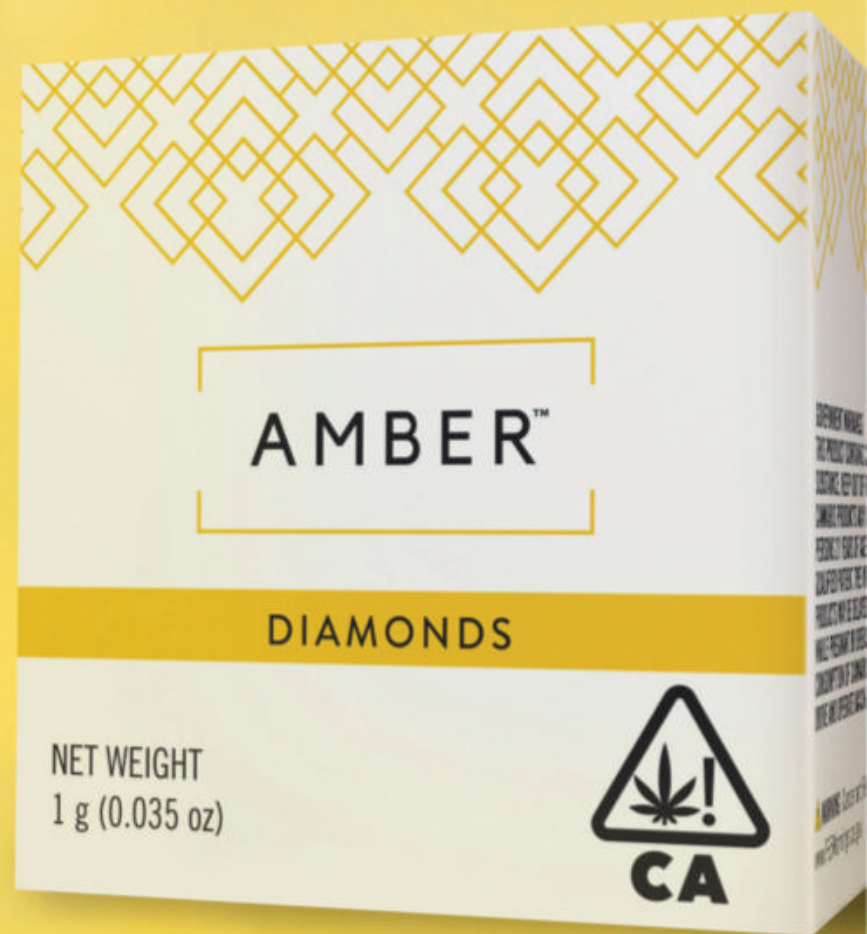
“It can be really intimidating to try cannabis products, especially a full, infused meal versus a gummy,” Taylor said. “So, I wanted to have a product where it’s just 5 mg. We’re going to do 25 mg as well, but [with 5 mg] you can just say, ‘Hey, Auntie, see how this makes you feel.’ You know, an easy try, low barrier to entry, and not intimidating.” >>



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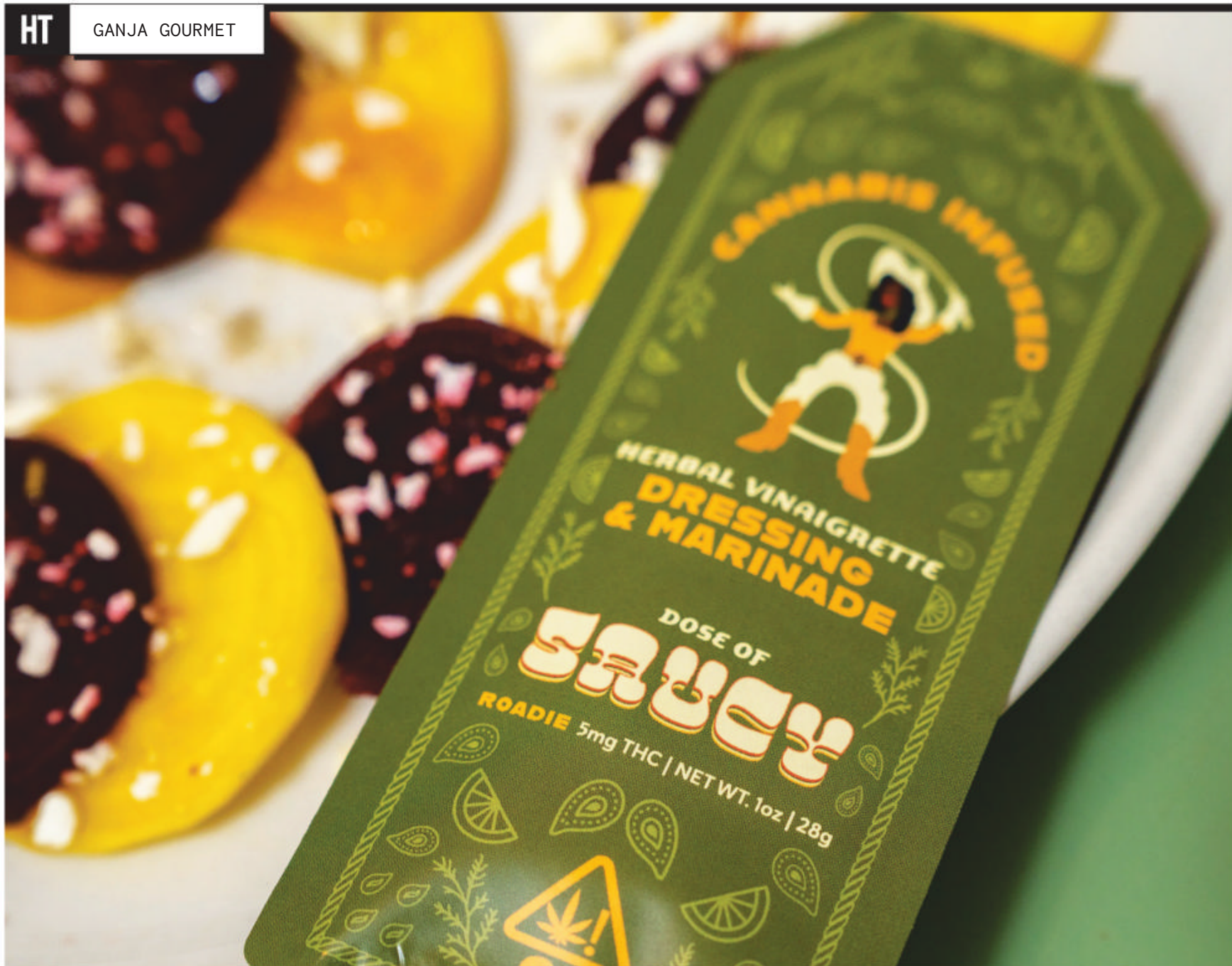
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Stepping into a dispensary and soaking in the edible offerings, it's easy to feel overwhelmed by the number of sweet options, but Taylor is excited to help forge a path forward for infused, savory snacks. She said most people are willing to try Saucy, since a 5 mg packet is a fairly low commitment, and end up falling in love with the taste, proving to dispensary operators that the desire for this type of product is already here.

"On top of that, I just think about how easy it is with a condiment, because you can either cook with it, or you don't have to cook it all—you can just get takeout, top your meal, you have an infused meal and it's perfectly dosed," Taylor said.

As a queer, Black woman and leader in the cannabis space, Taylor has ensured her team is comprised of women, minorities, and LGBTQIA+ folks, with 100% of the Saucy supply chain BIPOC- and/or woman-owned.

"I mean, it's definitely not easy [navigating the industry]," she said. "I would say the biggest thing that a marginalized or non-privileged background keeps you from, often, is capital. And that's ultimately what keeps you in the game, and that sucks."

She referenced Our Academy, which is nationwide, virtual, and helped her to launch her own cannabis career. Taylor also said its model could be one way for American society to embrace collectivism, adding that the cannabis industry as a whole could serve as a blueprint in centering this thinking.

Essentially, how do we pool together resources so we can lift up everyone?

"Trickle-down economics works when you actually provide opportunity for us to provide more opportunities to others," she said. "We're all at different starting points, too—which I think is really important for us to see and for us to help each other out, when we talk about that ecosystem—and all with different strengths."

Approaching nearly two full years of running Saucy, Taylor is looking toward the future with a lot of big ideas for the company.

Along with the larger 25 mg sauce offering and some new flavors, full-size bottles are on the way, in the form of 1,000 mg tinctures. She's also looking to explore strain-specific products and find a grocery store to partner with, even if the sauces they carry are non-infused, to strengthen the overall brand.

While Taylor continues innovating the cannabis world with Saucy, she's eager to see how the savory edible market as a whole continues to evolve.

"It's gonna be cool to see different, diverse cuisines come onto the scene or you know, I've heard murmurings of Cup of Noodles or infused pizzas," Taylor mused. "One day, there's gonna be a grocery store, you know, savory infused edibles. I can't wait." **HT**



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DIRECTIONS:

1. Fully thaw the bison brisket and remove from package, liberally dust all sides with the your choice of seasoning, and place in the fridge for 48 hours prior to smoking.

2. When ready to smoke, preheat pellet grill or smoker to 225 degrees Fahrenheit. Place brisket directly on rack so there is ample airflow and smoke can penetrate all sides. Smoke for 2 hours.

3. After 2 hours, brisket internal temp will be around 120 degrees Fahrenheit. Coat all sides with olive oil and smoke for half hour more so smoke can adhere to oil-coated exterior.

4. Using Oklahoma Joe's smoke butcher paper, wrap brisket with drizzlings of barbecue sauce, potentially chicken stock. Place in aluminum tray and back on smoker, checking every hour to make sure there are ample liquids with brisket to avoid drying out.

5. After a total of 4 1/2 hours, raise the temperature on smoker or pellet grill to 240 degrees Fahrenheit. Continue to unwrap brisket and add liquids as necessary every hour.

6. After 8 hours, cover with aluminum foil and place probe in center of thickest part of bison brisket. For the next 4 to 6 hours, you will again want to check every so often and add liquids if necessary.

7. After 12 to 14 hours, and after the brisket has reached 195-200 degrees Fahrenheit and probe goes in easy (may need to probe another area to check tenderness), remove and make sure tray and brisket are tightly wrapped in aluminum foil. Let cool in an empty ice chest for a minimum of 1 hour prior to carving.

RECIPE:

RUSS + MAMA TAYLOR'S FAMOUS BISON BRISKET

by Tess Melody Taylor

I WAS A VEGETARIAN FOR FIVE YEARS BEFORE TRANSITIONING TO PESCARIAN. Then I ate bison meat only (because it is still against federal law to inject hormones or antibiotics in bison), and I'm now eating everything in moderation so I never miss a delicious infused dish prepared by our awesome chefs.

Mama Taylor adds a dash and sprinkle here until it feels right, so apologies in advance for the lack of quantities.

INGREDIENTS:

3-pound bison brisket

Your favorite seasonings to marinade... the Taylors recommend: Adam's Texas style slow rub, Kinder's carne asada rub, Grill Mates sweet & smoky rub, McCormick spicy Montreal steak, McCormick applewood rub

Dose of Saucy "Sweet Heat" Texas-style BBQ sauce

Chicken stock

Olive oil

Pellet smoker or charcoal smoker

Oklahoma Joe's smoke butcher paper

PHOTO: COURTESY SAUCY



GLOBAL PURSUIT

The current state of international cannabis trade is in its infancy, but holds endless potential.

by Benjamin M. Adams

IN A NUTSHELL, THE CURRENT STATE OF INTERNATIONAL CANNABIS trade is significantly limited. Currently, only highly regulated medical and scientific exports exist for the most part.

China is the clear-cut winner in terms of being the top global exporter of both hemp fibers and low-THC oils. But the much bigger prize is the power of potent medical cannabis exports to be used in pharmaceutical settings, which can turn simple cannabis companies into global powerhouses. A checkerboard of strict regulations for medical cannabis exports are beginning to be liberalized—particularly in Israel, Denmark, Australia, and Canada, with recent reforms taking place in Colombia.

Multinational cannabis operators like Canada-based Flora Growth and PharmaCielo, and Colombia-based Clever Leaves are just beginning to expand with footprints across the globe, growing cannabis in one country and processing it in another. Some large companies like Curaleaf and Tilray have operations in Portugal.

The 1961 Single Convention on Narcotic Drugs is an international treaty governing the activities of narcotics including cannabis and lays down regulations for medical and scientific uses in most developed

countries. Many of the limits on cannabis exports and trade can be traced back to the treaty.

The United Nations Commission for Narcotic Drugs (CND) voted on Dec. 2, 2020 to accept the World Health Organization's (WHO) recommendation and remove cannabis and cannabis resin for medicinal purposes from Schedule IV (the most restrictive category of the 1961 Single Convention on Narcotic Drugs) but retained it under Schedule I, in a very close vote. But there's evidence to show it had an impact on liberalizing export policies around the globe has yet to be seen.

A booming domestic cannabis industry doesn't mean exports are active, in any sense. Take the U.S. for instance: It doesn't allow cannabis to cross state lines, with few exceptions, let alone allowing export across international borders. That said, the corners of the world that are actively exporting medical cannabis might not be what you'd initially expect. In 2021, Lesotho became the first certified African country to supply the European Union (EU) with cannabis for pharmaceutical use.

Part of that excitement is the anticipation of Germany's emerging market, which *Forbes* called the "largest and the most profitable medical cannabis market in Europe." South African exporters are eyeing Germany, however it's important to keep in mind the strict EU good manufacturing practice (GMP) standards.

The EU-GMP certification is the EU's minimum standard of medical cannabis used in pharmaceutical settings, ensuring that the cannabis is manufactured and tested under strict formal conditions. >>



JULIAN MARLEY HEADS TO MICHIGAN.
p. 120



PARDONS IN THE POLLS.
p. 124

PHOTO: SHUTTERSTOCK

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Christopher J. Davis is executive director of the International Cannabis Bar Association (INCBA). The INCBA is a global community of legal practitioners assembled in 2015 by a group of lawyers who saw the great need to educate people about international cannabis law.

In order for a cannabis export to exist, both countries' policies must align.

"You have to match the export regulations to the import regulations," Davis said. "And so, for instance, for Germany, well, for any medical program in the world at this point, they're going to require EU-GMP manufacturing processes. EU-GMP is the certified good manufacturing process. And so you have to have this stamp of approval, basically, that says your facilities are going to be producing cannabis that's clean enough to meet the requirements of the medical program to which you are exporting, and at the same time, the medical program to which exporting has to say, 'Yeah, we'll accept form shipments as long as they hit X,Y, and Z sort of quality control standards.'"

"You have to match the export regulations to the import regulations."

-Christopher J. Davis

Few EU countries allow much in terms of exports. In Malta and Luxembourg, cannabis has been legal for some time now, but those countries adopted domestic regulations akin to the California collective model prior to Proposition 64, Davis explained, which doesn't include export provisions.

"There are other countries in the EU that have medical regimes that are currently up and running that are not sort of importing to the same extent," Davis said. "And the idea is that once you get that foothold into an import into the you getting into those other markets are going to be quite a bit easier. And so a lot of people want to lay the infrastructure for Germany doing that. Germany is available at the moment with the intent of having Germany being sort of their landing point or their toehold into the rest of you. So when France starts accepting more international shipments, they'll be able to get into France a little bit easier."

The INCBA hosts many internationally-focused webinars providing education that can be purchased online. Every year they host the INCBA campus law institute at George Washington Law School in Washington, D.C., at the beginning of June with dates yet to be set for 2023. The gathering almost always includes an international component.

"In the past, they've done international drug policy," Davis said. "So we talked about the dynamics of the U.N. single convention, how countries can sort of back out of that and join without having everybody go nuts. We've done courses on cross border issues related to intellectual property." 

HIGH FIVE

FIVE CANNABIS ADVOCACY GROUPS

Here are five cannabis advocacy groups that you need on your radar.

by Benjamin M. Adams

1 ➤

MARIJUANA MATTERS

Marijuana Matters targets the needs of people with cannabis-related criminal charges and people in communities who are disproportionately impacted by the War on Drugs, focusing on the fact that people remain behind bars for nonviolent cannabis offenses. The organization spreads awareness of these injustices via weekly panels, biweekly blog posts, and consumer focus groups. The group's vision is to "repair what's been dismantled, restore what's been destroyed, and reclaim what's been displaced." Check out the Marijuana Matters social equity toolkit and newsletter, or sign their Social Equity First petition and pledge.

2 ➤

CANNABIS NURSES OF COLOR

Nurses have been on the forefront of medical cannabis reform from day one. Co-founded by two nurses, Sandra Guynes and Ivory Rosenthal-Davis, Cannabis Nurses of Color (CNOC) represents a safe place for advocacy, education, and training. Founded in 2019, CNOC provides nurse-related resources such as science-backed guidelines for medical cannabis provided by organizations like The American Nurses Association, the National Council for State Boards of Nursing, and the American Cannabis Nurses Association.

3 ➤

BLOOD FOR BUD

Founded by Kristen Yoder, the Blood for Bud online education campaign encourages consumers and stakeholders in the cannabis community to donate blood. Blood

for Bud provides resources to find donation locations close to home. The goal is to address the critical blood shortage in the U.S. Bud for Blood partnered with cannabis businesses and media outlets to spread awareness about how stoners can give blood, and in return help save lives. Yoder also operates the creatively-named podcast "CannaBS Detector." She's also the founder of Cynical Stoner, a guerilla education campaign with messages delivered through an apparel brand.

4 ➤

VETERANS CANNABIS PROJECT

Veterans Cannabis Project is dedicated to improving U.S. military veterans' quality of life through opportunities to heal with the help of cannabis. As many as one out of five of the 2.7 million Iraq and Afghanistan veterans will undergo some form of post-traumatic stress or depression, according to the U.S. Department of Veterans Affairs (VA)—and the Veterans Cannabis Project wants to bring awareness to this disturbing fact. Doctors push pharmaceutical drugs on these veterans, which rarely solves the problem, but medical cannabis is continually showing promise in terms of treating mental and physical health issues.

5 ➤

DOCTORS FOR CANNABIS REGULATION

Guess what? Even doctors and licensed practitioners who normally prescribe pharmaceutical drugs want to remove barriers to cannabis research. Doctors for Cannabis Regulation (DFCR) serves as the global voice for physicians and other health professionals to advance the legalization of cannabis and cannabis research. DFCR wants to change the narrative of cannabis legalization by providing guidance on regulations early in the electoral process and focusing on science-based recommendations that support public health. DFCR was founded in 2015 by David L. Nathan, MD, a Princeton-based doctor and educator, and well-known cannabis advocate.

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REGGAE ROYAL

Grammy-award winning musician Julian Marley recently visited dispensaries in Michigan to promote the launch of his cannabis line, JuJu Royal. Marley partnered with White Flower Cannabis Co. owner Aaron White, whose dispensary is located in the western Michigan city of Paw Paw. Two JuJu Royal products became available on Oct. 22, including pre-rolls and moon rocks, but more products are set to release later. "Last time I was in Michigan, we was looking through the windows, can we smoke here? Now it's like, oh good! This is like feeling free, and it feels so good to feel free," Marley told Fox 17 News. Marley and White visited other dispensaries in Detroit, Ann Arbor, Coldwater, and Grand Rapids. "Wow, it was very impressive. To be able to see the growth of the cannabis industry, and being a supporter, and advocate, and a lover of the plant... we're at home," Marley said.



FLYING HIGH

Highsman, the cannabis brand owned by former NFL athlete and 1998 Heisman Trophy winner Ricky Williams, was founded in November 2021 but the brand and presence has continued to grow throughout the industry over the last year. On Oct. 3, 2022 Williams announced an exclusive partnership with Ball Family Farms to release a cultivar called Ricky Baker in California, and Oct. 6, his cannabis brand celebrated an expansion into Washington state. Later that month on Oct. 27, he announced the brand would next be expanding into Pennsylvania, in partnership with TILT. "This brand line, more specifically marijuana, has profoundly and positively impacted my life," said Williams. Williams has been a strong proponent of medical cannabis and praises his brand as a way for both athletes as well as sports fans to receive relief. Highsman is also currently available in Oregon and Massachusetts.

PHOTOS: JOEY CLAY, COURTESY HIGHSMAN



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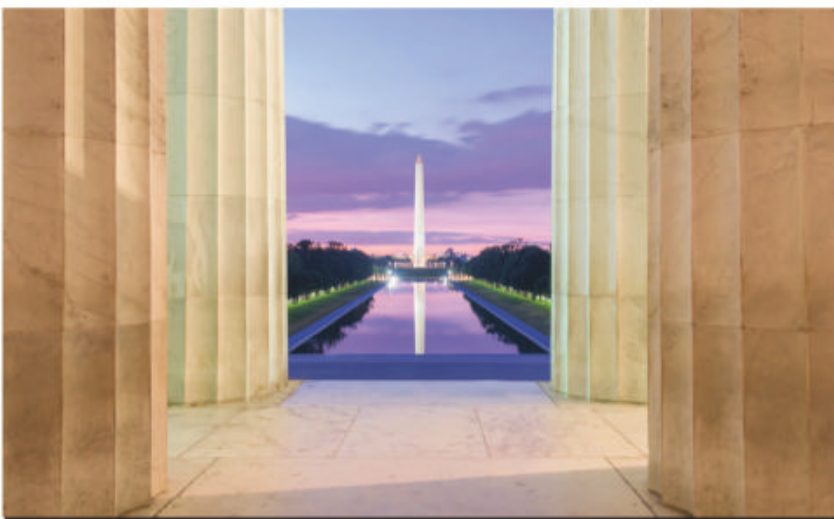


LICENSE TO SUCCEED

A recent Canadian government data report indicates that less than 10% of federal cannabis business license holders have exited the market since legalization began in October 2018. This information was published in the “Taking Stock of Progress: Cannabis legalization and regulation in Canada” report, published on Oct. 20, which evaluates the impact that legalization has had on the country and its consumers, such as youth and indigenous communities, noting numerous discussion questions that could be commented (the deadline to participate in an online questionnaire ended on Nov. 21, 2022). In the report’s Evidence and Trends section, it identifies the movement of licenses over the last four years. “A total of 95 cannabis license holders exited the market between October 2018 and July 31, 2022. This represents 9.7% of licenses issued during that period. Of these, 15 were micro license holders, 13 were sale for medical purposes only, and 67 were standard license holders,” the report stated. This is the first phase of the Canadian government’s legislative review, with a second phase review to be released later.

EXPANDING ACCESS

On Oct. 17, Washington, D.C. Mayor Muriel Bowser signed B24-0981, also called the “Medical Marijuana Patient Access Extension Second Emergency Amendment Act of 2022” which allows nonresidents visiting the capital the right to self-certify themselves as temporary medical cannabis patients without needing a doctor’s recommendation. Interested visitors must receive a 30-day registration from the Alcoholic Beverage Regulation Administration (ABRA), and then they can purchase cannabis from local, licensed dispensaries (this also applies to patients who live in other states where medical cannabis is allowed). According to ABRA, patients are allowed to possess up to eight ounces during the 30-day period. This emergency action is the second of its kind to be enacted in 2022, the first of which was a law that Bowser signed in July 2022 to allow Washington, D.C. residents the ability to quickly self-certify. B24-0981 was a placeholder, ending on Jan. 15, 2023, but the mayor later approved B24-0982 on Oct. 25, 2022 to make the act last for 225 days, or until June 2023.



MARIJUANA IN MOROCCO

The North African country of Morocco recently made headway in progressing its medical cannabis program, starting with approving growing permits. On Oct. 4, the Cannabis Activities Regulatory Agency (ANRAC), which met for the first time back in June 2022, announced that it had approved 10 cannabis cultivation permits to be used for cannabis processing and manufacturing. According to WION News, licenses are given “only within the limits of the quantities needed to meet the needs for the manufacture of products for medical, pharmaceutical and therapeutic purposes.” The goal of the October ANRAC meeting was to discuss the “final stages” of implementing Law 13-21, a medical cannabis legalization law passed in May 2021, according to *Morocco World News*. The law states that cultivation will first be allowed only in the Al Hoceima, Chefchaouen, and Taounate regions.

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POLLING ON PARDONS

Following President Joe Biden's announcement to issue blanket pardons for people convicted for simple cannabis possession under federal law, Monmouth University in New Jersey released poll data showing the country's overall support for pardons, legalization, and more. On Oct. 24, the University shared that it conducted phone interviews between Oct. 13-17 with 808 adults. "Polling from a variety of sources shows that support for marijuana legalization has been increasing consistently over the past twenty years," said Monmouth University Polling Institute Director Patrick Murray. "Biden's action is in line with how the vast majority of Americans feel about this issue." Among the interviewed participants, 68% support legalizing possession in small amounts (76% were Democrats, 73% independents, and 52% Republicans). Sixty-nine percent of those interviewed said that they approved of Biden issuing pardons, even without knowing how many people were pardoned. A follow-up question asked how many people did participants think were pardoned, with 25% saying 1,000 pardons or less, 12% estimated 1,001-5,000, and an equal 14% believed the number ranged between 5,001-10,000 and 10,001-100,000. Regarding cannabis as a potential problem in the U.S., only 15% said it was "very serious" and 16% said it "moderately serious," opinions that the poll noted were shared mainly by Republicans, and those ages 55 and older.

PUFF & PERMIT

On the first day of adult-use cannabis sales in New Jersey in April 2022, cannabis was available to purchase through seven medical cannabis businesses. Six months later on Oct. 25, the New Jersey Cannabis Regulatory Commission (CRC) announced that it had approved its first 18 annual adult-use cannabis business licenses. "This is a special milestone for the Commission and for New Jersey's new legalized industry. With the awarding of eight cultivation licenses and three manufacturing licenses we are setting good groundwork for New Jersey's cannabis market," CRC Chairwoman Dianna Houenou said in a statement. "We hope to see these facilities up and running as soon as possible to be local Garden State suppliers to the seven retailers who also got their annuals today and the others that will be licensed in the future." The CRC approved eight new annual licenses, as well as 10 that were converted from conditional permits into annual licenses.



SEEKING RELIEF

According to the National Menopause Foundation, an estimated 1.3 million women enter menopause every year, and with it comes a variety of symptoms, many of which have been relieved by cannabis. In September 2022, a cannabis and menopause study was published in *The Journal of The North American Menopause Society*. Researchers analyzed experiences from 258 participants to find that medical cannabis (referred to in the study as "MC") was used to treat symptoms of menopause. The study recorded that 86.1% of participants currently consume cannabis, and 78.7% use it specifically to treat menopause-related symptoms through either smoking (84.3%) and edibles (78.3%). The main symptoms patients were using cannabis to treat included sleep disturbance (67.4%) and mood/anxiety (46.1%). "In particular, perimenopausal participants reported significantly greater severity and prevalence of mood/anxiety symptoms as well as greater endorsement of MC use to alleviate these symptoms, indicating a significant need for symptom relief in this group," researchers concluded. "Overall, future research should continue to examine MC use for menopause-related symptoms, including assessing how unique cannabinoid profiles, modes of use, and other MC use characteristics impact safety and efficacy."



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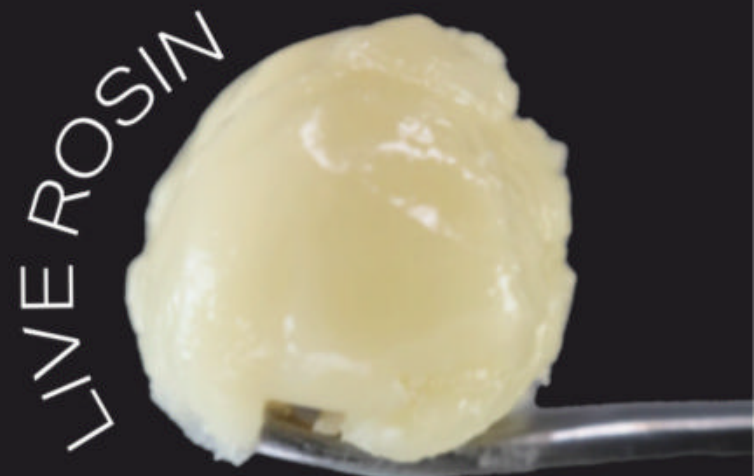
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HOT PRODUCTS

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mpp.org

The Marijuana Policy Project (MPP) has been helping enact change in cannabis laws since 1995. It takes a lot of teamwork and coordination to guide cannabis reform on the state and federal level, all while the War on Drugs still takes its toll on the people. Support over 25 years of advocacy with this mug featuring the MPP logo. Take a sip of your beverage of choice in this mug to get hydrated, energized, and ready to support the ongoing fight against prohibition.

\$15



WEAR YOUR ADVOCACY

heroicheartsproject.org



The Heroic Hearts Project (HHP) has spent the last five years helping veterans find relief from medical conditions and military trauma through the use of psychedelic therapy. The organization guides veterans through supervised access to psychedelic treatments, and provides coaching and peer support. This line of HHP T-shirts makes it loud and clear that psychedelic substances can be valuable for veterans in recovery. On the front the T-shirt features a small HHP logo, and the back poses the statement “Ask me about Ayahuasca for veterans.” The organization also offers shirts of the same style which substitute the word “ayahuasca” for other therapeutic substances such as DMT, ibogaine, ketamine, and psilocybin.

\$27.95



SET & SETTING

maps.org

Multidisciplinary Association for Psychedelic Studies (MAPS) has advocated for cannabis and other psychedelic therapies as medicine since it was founded in 1986. Be a part of the legacy with this comfy crewneck sweatshirt sporting the phrase “Set the Setting,” which is one of the main instructions to follow on a psychedelic trip.

\$55



MAKE IT STICK

norml.org

Show off your support for one of the oldest cannabis advocacy groups in the U.S. with this bumper sticker. NORML was founded in 1970 and has continually worked towards cannabis reform for over 50 years. Slap this baby on your car and make it known to the world that cannabis should be legal throughout America, plain and simple.

\$4



PARKINSON'S DISEASE, HEALTHY AGING, & SUPPORTING REFORM

Someone recommended that I use nigella sativa as a supplement. Would cannabis sativa work instead?

-Amy

"Sativa" is Latin for "cultivated," meaning a species that humans plant themselves. For example, lactuca sativa (butterhead lettuce) is

a plant that we grow rather than gathering in the wild. The plants don't substitute for one another, but no studies suggest that they can't be combined.

What's the latest word on medical cannabis for Parkinson's disease?

-Cousin Mike



Animal studies suggest that CBD has potential in terms of treating the symptoms of Parkinson's disease, but human trials are way behind. Clinical lore (but not experiments) focuses on high THCv strains like Durban Poison. Some folks have very dramatic decreases in motor symptoms within seconds of vaping, but others do not improve. Survey research suggests that non-motor symptoms (such as anxiety, depression, sleep disturbance) can get better. Under the circumstances, each patient has to experiment for themselves. As always, start low and go slow.

My spouse is frantic about some study that suggests that frequent consumers of the cannabis plant aren't prepared for healthy aging. (We're on the far side of 60 now.) PLEASE HELP!

-Tom

A close look at those data reveals that long-term cannabis users also included more people with alcohol, tobacco, and illicit drug "dependence." Controlling for those issues made many of the findings disappear. Alcohol and nicotine really are toxins. Hard drugs are a drag. Staying away from those substances could do the trick as the years go by.

We've got federal pardons and recreational legalization, but have we really helped people of color much?

-Rachelle

We could do better. Decriminalization laws have helped decrease the disparity in cannabis arrests, but only in adults. Gender-based stigma about consumption is still bad. Maybe I'm seeing the glass as half empty, but we could all work harder. Let's keep supporting reform! 



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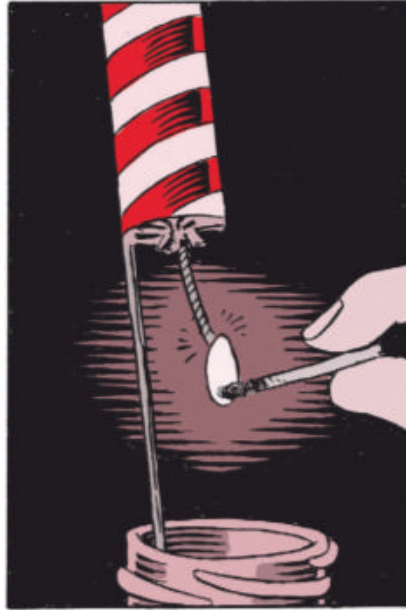
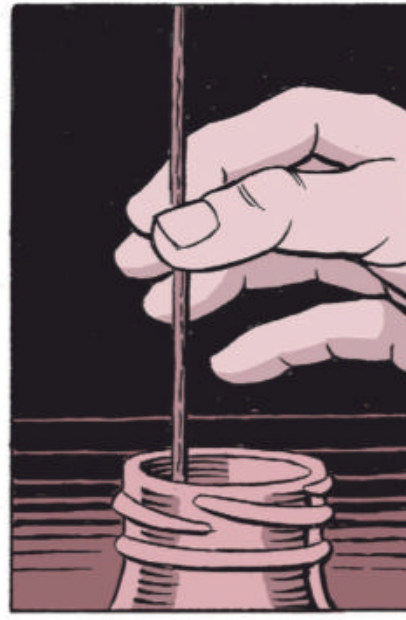
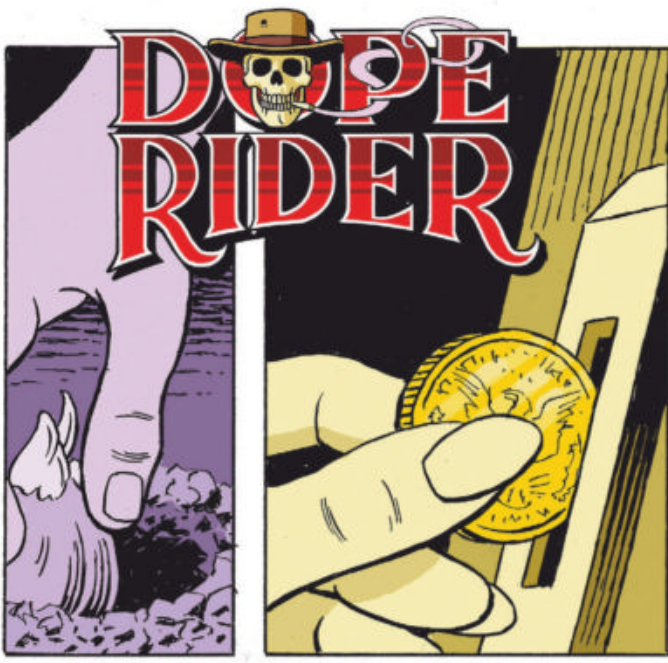
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